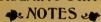
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THE TRAINING OF EXECUTIVE OFFICERS FOR THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS

AN ILLUSTRATED NUMBER OF THE



INTERNATIONAL ASSOCIATION TRAINING SCHOOL



CONTAINING

THE TENTH CATALOGUE 1894-95

WITH PROSPECTUS FOR 1895'96
AND

TENTH ANNUAL REPORT

OF THE
INTERNATIONAL
YOUNG MEN'S CHRISTIAN ASSOCIATION
TRAINING SCHOOL

SPRINGFIELD, MASS., U.S.A

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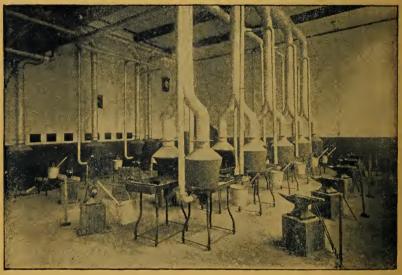
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CATALOGUE AND ANNUAL REPORT NUMBER.



Vol. IV. SPRINGFIELD, MASS., AUGUST, 1895.

No. 6.

Published Monthly during the School Year by the International Young Men's Christian Association Training School, Springfield, Mass. Subscription price Twenty-five Cents per Annum. Address all communications to C. F. Powlison, Editor.

Entered at the post office at Springfield, Mass., as second-class matter March 18, 1892. B. E. LOVEJOY, Business Manager.

FIRST PART—PAGES 3-48.

The Tenth Catalogue, 1894–95, with Prospectus of the School for 1895–96.

CONTENTS ON PAGE 4.

SECOND PART—PAGES 49-59.

The Tenth Annual Report of the School for the year ending June 19, 1895.

CONTENTS ON PAGE 49.



THE GYMNASIUM COMPLETED. Dedicated October 26, 1894.



THE DORMITORY BEGUN. Corner stone laid May 10, 1895.

1894-95.

TENTH CATALOGUE

OF THE

International Young Men's Christian Association Training School,

SPRINGFIELD, MASS., U. S. A.



WITH PROSPECTUS FOR 1895-'96.

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OBJECT OF THE SCHOOL.

To train young men for the work of General Secretaries, Physical Directors,* Educational Directors, or other officers of Young Men's Christian Associations in order that the constantly extending work of the Young Men's Christian Associations may have the intelligent supervision it demands, to the end that its operations shall bring a maximum of return from a minimum of expenditure.

* In view of the intimate relation held and the dominant influence exercised by the Young Men's Christian Associations over the religious life of the students in most of our colleges, quite a number of the graduates of the School's physical department have been led to take up the work of the Christian Physical Director in one and another of the colleges in which these Associations exist, and have found excellent opportunity to use the special training furnished by the School for Association Physical Directors. In view of this fact the School is prepared to train Christian young men of proper qualifications, desirous of fitting themselves for the work of the College Physical Director or Instructor, whether they be employed by the college corporation or by the Christian students' organization within the college.

HISTORICAL.

1885. Organized as the Young Men's Christian Association Department of the School for Christian Workers.

1887. Physical Department organized.

1890. Separately incorporated as the International Young Men's Christian Association Training School.

1891. Land purchased—30 acres.

1894. Gymnasium building erected.

1894. Educational Department organized.

1895. Dormitory building erected.

CALENDAR.

Regular Meetings of the Trustees on the first Wednesdays of September and March, and of the Trustees and Corporation the third Wednesday of June.

FALL TERM | Segins Wednesday afternoon, September 11, 1895. Ends Friday evening, December 20, 1895.

WINTER TERM { Begins Friday morning, January 3, 1896. Ends Friday evening, March 20, 1896.

SPRING TERM - (Begins Tuesday morning, March 31, 1896.

Commencement Exercises, Wednesday evening, June 17, 1896.

The Calendar is subject to change.

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(As constituted in the summer of 1895.)

The names of the Trustees are italicized.

```
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"Albany, Clarence Valentine.

"Brooklyn, F. B. Pratt.

"F. B. Schenck.

"Edwin F. See.

"Edwin F. See.

"Buffalo, Henry Bond.
                                                                                                                                                                                                                                                                                                                                                                                                                            "Edwin F. See.
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"J. W. Cook.
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                                                                                                                                                                                                                                                                                                                                              " J. Gardner Smith, M.D.

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" Fort Worth, William C. Winthrop.
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                                                                                                                                                                                                                                                                                                                                                   " J. B. O'Bryan.
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EQUIPMENT.



The dormitory building will contain on the first floor, two large class rooms and one small, a large social or conversation room, to be known as the "Jubilee Room"; two reception rooms, one for the faculty, and the other for visitors; three rooms for library and reading purposes, and six for offices.

The three upper floors will contain rooms for sixty-four students.

Each floor will be provided with lavatories, bath tubs, etc., while the fourth floor will contain a dining room and kitchen for the use of the students' boarding club.

In the basement there will be large rooms for chemical and physical laboratories, a bicycle room and storeroom, besides the furnace and engine for operating the heating and ventilating fan.



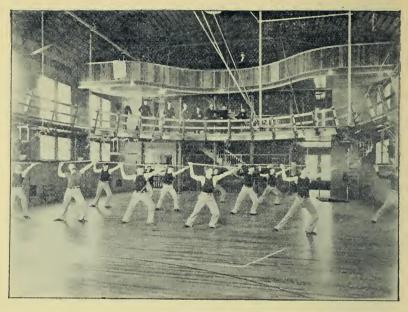
MASSASOIT LAKE, FROM THE DORMITORY BUILDING.



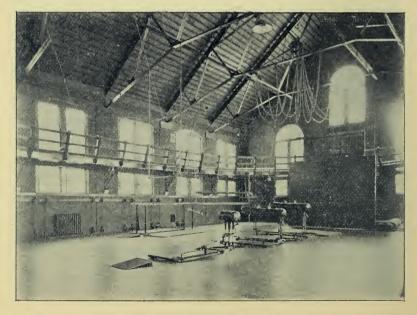
GENERAL VIEW OF THE ATHLETIC PARK FROM THE GRAND STAND, SHOWING THE STUDENTS LINED UP FOR TEAM BALL AND THE GYMNASIUM IN THE BACKGROUND.



THE GYMNASIUM—OFFICE AND EXAMINING ROOM.
Equipped with various anthropometric instruments, charts, photographs, etc.



NORTH END OF GYMNASIUM.



SOUTH END VIEW.



100 YARDS STRAIGHTAWAY.



THE GRAND STAND.



SCHOOL BOATS.

The Gymnasium erected for exclusively normal purposes. Floor 48x74, free from posts, having the usual apparatus, and in addition.Swedish boms, hand ball court. class climbing ropes, seven needle baths with hot and cold water. lockers 18x18x48

in., combination locks, physiology and psychology class rooms, examining room, library—one of the best of its kind in the country.

Football and team ball are amply provided for within the quarter-mile track. Grand-





stand, bicycle shed, tennis court, rings for hammer throw, high jump and pole vault, standards, straightaway for 100 yards dash—all are provided for.

Such a natural combination of advantages is rarely found in one spot—level athletic grounds bordering on a winding lake two and one-half miles long, a sand beach for bathing—all overlooked by the dormitory and gymnasium buildings. A fringe of trees surrounds



ENGINE AND ELECTRIC LIGHT ROOM.

the track and gives shade for the tennis courts.

The School owns an excellent fleet of boats, used on the Connecticut river. consisting of two four oared work boats, one fouroared gig, two double gigs, one single gig, one single scull, two birch bark canoes, one light rowboat, one sailing sharpy.

A most valuable part of the equipment is the School Library containing

upwards of a thousand volumes and several thousand pamphlets. This includes one of the finest collections on the work of the Young Men's Christian Association and Physical Training to be found.

The equipment of the engine room consists of one ten horse power gas engine, one four



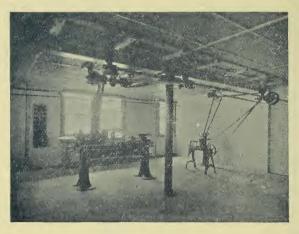
WOODWORKING ROOM.

horse power gas engine, also 150 light 110 volt generator used to light the gymnasium, dormitory buildings, and grounds.

The Woodworking Room is supplied with complete sets of cabinet making tools, wood lathes, machine planer, cut off and rip saw, pattern

maker's trimmer, and is first-class in every respect. This room will accommodate nine students working at one time.

The Forging Room is equipped with two stationary power blast forges,



MACHINE ROOM.

one hand forge, smoke exhausting blower, blower for forge, power drill press, vises, etc. This room will accommodate seven students working at one time.

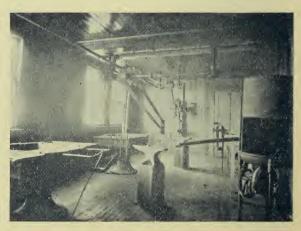
The Machine Room contains engine and speed lathes, shop cut off saw, emery grinders, vises and vise benches, complete sets of

twist drills, standard reamers, taps, dies, etc. This room accommodates eight students at one time.

The Physical Laboratory is equipped with air pump and appliances

for making all tests in specific gravity, momentum of falling bodies, also apparatus for the carrying on of all experiments in matter, dynamics, heat, and to some extent electricity, magnetism, and sound.

The Chemical Laboratory is equipped with fine, accurate scales for quanti-



FORGING ROOM.

tative analysis, flasks, thermometers, jars, retorts, and all the apparatus necessary to carry on complete laboratory work as outlined in the course.

PRACTICAL WORK.



NEW BUILDING OF THE SPRINGFIELD ASSOCIATION.

The School stands for the most thorough practical as well as theoretical training. The completely equipped building of the Springfield Association, recently finished, affords unsurpassed opportunities for practical work in a city of medium size (50,000), while several aggressive Associations.

with and without buildings, in smaller towns, can be reached within a few minutes by electric connections.



RECEPTION HALL OF SPRINGFIELD ASSOCIATION.

THE GENERAL COURSE.

The course of instruction covers three years, and is planned so that students preparing to be general secretaries take a complete and general view of the whole field. Those preparing for the Physical and Educational Departments take a less thorough view of the whole, but a far more thorough study of their special departments.

OUTLINE OF BIBLE STUDY.

Synthetic Study of the Scriptures.

The aim of this study, to which four terms of the course are to be devoted, is to obtain, after careful and frequent reading of the several books of the Bible, a knowledge of its character and contents, and a basis for judging of its authority, derived from direct personal contact with the Bible itself. In this way the Bible is allowed to tell its own story and to make its own impression.

The History of the Bible.

This will afford a glimpse into the times and circumstances in and under which its messages were delivered and its books written and compiled, covering questions of genuineness, authenticity, the canon, the higher criticism, etc.

Principles of Scripture Interpretation.

This course is designed to cover the peculiarities and idioms of the languages in which the Scriptures were originally composed, to help the student rightly to understand and to explain the Bible.

Practical Use and Application of Scripture Teaching,

or the use of the Scriptures by the Christian worker, both in public and in private:—

(1) Through lectures and conversations; (2) through Bible training class work; and (3) through Bible teaching in Sunday-schools and public addresses at deputation services, etc.

Evidences of Christianity.

The object of this course is to show the reasonableness of Christianity or the religion of the Bible, and its claims for acceptance, that the student may the more clearly apprehend the grounds of his own faith in the religion of Jesus Christ, and that he may be the better prepared to present them to others so as to confirm their faith, or meet their doubts and answer their objections.

Outlines of Church History.

To show, in brief, the progress and development of the church in its different divisions and branches from the days of the apostles down to the present time.

THE STUDY OF MAN.

OBJECT.

The object of this course is to give each man a knowledge and appreciation of his own constitution and powers, physical, intellectual, and spiritual, leading up to the study of his relations to himself, to his fellow men, and to his God; that he may develop himself, and that he may be able intelligently to deal with others, helping them to perfect themselves. It is taken by all the students.

THE STUDIES.

The course includes the following studies in outline:—

Physics.

The laws that govern gases will be studied, that the whole theory of respiration may be thoroughly understood; the laws governing liquids, to give a clear comprehension of the physiology of digestion and circulation. The study of solids will be from the standpoint of mechanics; this will give a basis for a thorough study of the different gymnastic and athletic events, from both the hygienic and economic standpoints.

This study will conclude with a view of the *laws of the universe as a whole*, leading the student to recognize God in all things.

Chemistry.

The chemistry of the constituent elements of the body will be taken up, with especial reference to the foods that ought to be used, particularly in "training," and in making the weak strong; a brief view of the process of crystallization will also be taken.

Biology.

The next step is a view of the principles of biology, bringing in enough of botany and zoölogy to show man's place in the organized world, and his relation to the other creatures.

Anatomy.

The structure of man will be treated of in such a way as to give a working knowledge of the bones as levers, the muscles as powers, and the nerves which furnish the stimulus to action.

Physical Measurements.

A study of the different measurements of the body and how to take them, giving a basis for the teaching of athletics from a mechanical standpoint, for prescription of exercise, the principles of which will also be taught, and furnishing data for anthropometric charts. Physiology.

This study will include the arrangement of the vital organs, with a careful study of their functions, and the causes which affect their operations. Muscular action will receive special attention, emphasis being laid upon the relation of exercise to the different functions of the body. The nervous system will also be carefully treated.

Hygiene.

Considered in connection with physiology, and consisting of a study of the best methods of preserving the body in a healthy condition.

Personal Purity.

This subject will be carefully treated from the physiological, psychological and ethical standpoints.

Training.

A discussion of the best ways of making the most of the active powers, with consideration of the different systems in vogue.

First Aid to the Injured.

A course fitting the men to care for injured persons till medical assistance arrives.

Psychology.

This subject comprises a study of the brain and its functions, of sensation, perception, the stream of thought, association of ideas, habit, memory, imagination, reasoning, production of movement (considered from the psychological point of view), the natural and moral affections, the will, the religious feelings, worship, etc.

Following this study of man as an individual, comes the study of man in his relationships:—

Ethics.

The course in ethics will lay the foundation for the work in Applied Ethics or Sociology. Special emphasis will be laid upon the Bible law of duty, which must be applied to all the problems of sociology. The textbook will be Dr. Mark Hopkins' "Law of Love and Love as Law."

Applied Ethics or Sociology.

"That gospel, which in its highest unity is love, is divided into two parts: the first is Theology, which is an elaboration of the first part of Christ's epitome of the law, 'Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength'; the second is *Sociology*—the science of society—which is an elaboration of the second part of the epitome of the law, 'Thou shalt love thy neighbor as thyself.' "—Richard T. Ely.

The object of the course is twofold:-

(1) To acquaint the Association worker with the nature and extent of the social problems of the age, especially such problems as will most concern him in his special field of work. (2) To suggest the nature and use of those principles and forces which may be brought to the solution of these problems.

The student will have the opportunity of studying the social problems of the day from a practical, Christian, and, at the same time, *scientific* standpoint.

Instruction will be given by lectures, carefully prepared courses of reading, and class debates, to some of which the entire School will be invited. The general outline is as follows:—

- I. Christian sociology as a science—its scope and relation to kindred sciences.
- II. The relation of the Christian church to social science and social problems.
- III. The relation of the Young Men's Christian Association to the same.
- IV. Some of the *Social Problems*—relation of labor and capital, poverty, pauperism, crime, intemperance.
- V. Some of the *Social Forces*—heredity, environment, habit, custom, public opinion, laws, education, Christianity.

Pedagogy or the Art and Science of Teaching.

The course in Pedagogy has been shaped so as to give the student some of the fundamentals of the *art* and *science* of teaching.

The following will indicate the general scope of the course, which will be pursued by lecture, text-book, and selected readings:—

- I. The aim of education.
- II. The development of modern educational methods.
- III. The psychology of teaching.
- IV. The scope of the educational work of the Association.
- V. The arrangement of courses of study and the forming of classes. (Normal work.)
 - VI. The selection of teachers.
 - VII. The choice and use of text-books.
 - VIII. The educational use of books and current literature.
 - IX. The Bible class.

THE YOUNG MEN'S CHRISTIAN ASSOCIATION.

Taken by all students, but under different instructors, the secretarial students taking it with special reference to the duties of the general secretaryship, and the educational and physical students taking it with special reference to the educational and physical directorship.

The outline will cover:-

- 1. The field, objects, and history including limitations, principles, aim, and growth.
- 2. The organization and its home—including the constitution, qualifications and duties of officers and committees, the membership, salaried officers, buildings, and how to secure them.

- 3. Methods of work by departments including business management, Bible and training classes, and religious meetings, educational, physical, social, information, and relief, and boys' work, work among special classes of men, women's work for young men.
- 4. General supervision and extension—including district, state, provincial, and international agencies.

MISCELLANEOUS.

Language.

Object: The correct use of the English language in speaking, writing, and reading.

Method: Lectures and class-room instruction, with practice in speaking, reading, correspondence, writing for the press, proof reading, reports, and minutes of meetings.

Business Law and Civil Government.

Lectures on Business Law, covering briefly contracts, commercial paper, indorsers—their liability, responsibility of minors, description of a suit, effect of a judgment, etc.

Lectures on Civil Government, covering briefly those features with which all leaders of men in the United States and Canada should be acquainted.

Vocal Music.

Object: To acquaint the Association leader with the mission and influence of music in its appeal to the sensibilities, to the end that this powerful agency for the conveyance of truth may be effectively applied in the work of the Associations.

Method: Lectures and class-room instruction, with practice, covering the principles of vocal technique, laws of musical expression, and important relation of text to form.

SECRETARIAL COURSE.

Object:—Training for the Special Duties of the General Secretaryship.

The following is in addition to the General Course outlined on pages 20-24.

THE YOUNG MEN'S CHRISTIAN ASSOCIATION.

The Field and its Limits.

The work, why needed. A definite work by and for young men. The aim distinctively religious. Relation to the church. Relation to other religious societies.

The Rise and Growth of the Associations.

Origin of the present movement. Earlier work for young men. Introduction into America and work prior to the Civil War. Army work. Development of the work.

The Organization.

When and how to organize. The constitution. Branches and suborganizations. The directors and officers—their qualifications and duties. Standing committees—their importance, enlistment, and composition, how to organize, the chairman, principles and methods of construction, names and duties.

The Membership.

Classes. How to secure members. The membership committee. How to retain members. Fees, tickets, records, and exchange. Development of active members. The associate membership, and its relations. The members' meeting.

The General Secretary.

His relation to churches and pastors, to officers, directors, and committees, to other employees, to the business community, to his fellow secretaries. Accepting a call. Beginning work. Correspondence. System. Statistics. Studying human nature. Dress. Conversation. Economy. Ladies' company. Health. Growth—spiritually, intellectually, and socially. Securing and training employed officers—demand and supply, methods of training.

The Association Home.

Advantages of owning a building, location, arrangement, construction, equipment. The care of the home—repairs and safety, order and cleanliness. How to get a building—preparatory work, the canvass, cautions. The building movement, its beginning and growth.

The Business Management.

Current finances—the annual budget, income, solicitation, collection, and disbursement, financial bookkeeping. Real estate and endowment funds—incorporation, trustees, endowment, debt, taxes, insurance, leases. Records and advertising—recording statistics, anniversaries, parlor conferences, printed matter, the bulletin, annual reports.

The Religious Department.

The Bible in Association Work: individual study—objects, methods, and helps; class study—a Bible class indispensable, relation of the general secretary, beginners' advanced and training classes, true place and appliances, the teacher, the class, the topics, preparing the lesson, teaching the lesson. Practical work with the unconverted—personal work, the evangelistic Bible class, the Bible in the evangelistic meeting; Bible readings. Religious meetings, etc. — the evangelistic meeting, other meetings at the rooms; meetings outside the rooms—in boarding houses, in public institutions; sermons to young men; distribution of religious reading matter; the invitation committee.

The Educational Department.

The reading room—furniture, supervision, papers, and periodicals. The library—its importance and place in the Association, how to develop, apartments and furniture, management, selecting and buying books, classification, cataloguing, shelf listing, binding and repairing, advertising, registration and charging, reference books, courses of reading, aids to readers. Educational classes—the need, branches taught, adaptation, thoroughness, frequency of sessions, instructors, class rooms, examinations. Literary societies, etc.—value, various forms of organization and work, how supervised. Lectures and talks—the use and abuse of lectures, home talent, practical talks. The educational director—qualifications, work, and relationships.

Note.—The subject of educational class work is greatly enlarged upon and practically illustrated by special work under Mr. Graham. See page 28. The Physical Department.

Aim of the department—health, education, recreation. Conditions under which a physical department should be organized. Scientific equipment and methods—examinations, statistics, prescription of exercise. Practical equipment and methods—location and arrangement of gymnasium, bath and dressing rooms, outfit, methods. Outdoor work. The physical director. The department committee.

Note.—For extensions of the theory and practice of physical work, see page 27.

The Social Department.

The reception committee. The social rooms. Social entertainments. The Department of Information and Relief.

Boarding houses. Employment bureau. Savings bureau. Benefit fund. Visiting the sick. Destitute young men.

The Boys' Department.

Necessity, aim, and benefit. Organization and relationships. Different classes of boys. Supervision. Methods and agencies—religious, educational, physical, and social.

The Work among Special Classes of Men.

College students—history, organization, methods, outgrowths. Railroad men—history, aim and benefits, organization and finance, rooms and methods. Commercial travelers—the field, work, and agencies. Other nationalities and races—the field, the German work, the colored work, etc. Miscellaneous classes—soldiers and sailors, mutes, lumbermen, firemen, street car employees, etc.

Women's Work for Young Men. Organization and methods.

State and Provincial Work.

The state committee. Finances. The state secretary. The state convention—preparatory work by the state committee, preparatory work by the local Association, at the convention. The district work—the committee, conferences, intervisitation, corresponding members. The relation of the local Association and secretary to the general work of supervision and extension.

The American International Work.

History and organization. The field. The work—supervision and extension, correspondence, publications, securing and training employed officers, aid to building enterprises, aid in securing funds, aid to state and other conventions, help in disaster. Secretaries of the committee. International finances. International conventions. Day and week of prayer. Work among young men in foreign lands—policy, relationships, methods.

The World's Alliance.

History, organization, and work.

Text Book.

"Handbook of the History, Organization, and Methods of Work of Young Men's Christian Associations—Edition of 1892." This book was prepared primarily for the use of this School.

PHYSICAL WORK.

Theory.

Anatomy, physical measurements, physiology, hygiene, personal purity, and first aid to the injured, are outlined under the "Study of Man," in the General Course on pages 21, 22.

Practice.

Calisthenics. Use of developing apparatus.

Light gymnastics, including dumb-bells, wands, Indian clubs, etc. A calisthenic, dumb-bell, and bar bell drill will be committed to memory.

Heavy gymnastics, vaulting, horizontal and parallel bars, horse, buck, etc.

Athletics, walking, running, jumping, throwing the hammer, putting the shot, pole vaulting, baseball, football, lawn tennis.

Class work, especially adapted to the needs of the Young Men's Christian Associations, on all of the apparatus, will be committed by the students.

Recreative gymnastics and the various gymnastic games receive special attention, basket ball, newcomb, etc.

Swimming and diving will receive attention. The various strokes will be taught and practiced. Also the rescuing of the drowning and the righting of a capsized boat.

The elements of rowing and paddling will be taught.

Several times during the course, the students form a camp (generally going by boat) thus learning how to construct a camp, erect tents, build fires for camp cookery, and other similar details.

EDUCATIONAL WORK.

Theory.

Class-room work extending through the first and second years in commercial, political, scientific, industrial, language, and miscellaneous subjects, giving information that will enable the general secretary to judge of a right or wrong course of study, as well as the branches suited to a particular field. The peculiar needs of manufacturing and commercial communities will be fully considered and suggestions made regarding the adaptation of class work to meet these needs.

Practice.

Practice will be given in the chemical and mechanical laboratories, taking up courses as outlined for conducting classes in carpentry, pattern making, forging, tempering, chipping, filing, machine tool work, and machine tool construction, giving the student a useful and practical training that will enable him to understand the industrial work now so much in demand, and also intelligently to plan for and if need be supervise the work of this important department.

PRACTICE.

All methods of work treated in the secretarial course are fully illustrated by approved blanks and printed matter, and as often as possible practice is required.

In addition to the extended practice in the physical and educational work of the School, the secretarial students are required to unite and work with the Springfield Young Men's Christian Association throughout the entire course, to do regular service on one or more of the Association's standing committees and to attend all stated meetings of the committees to which appointed.

Each is required to unite with the literary society and to participate in its work.

Each is required, unless excused, to attend at least one young men's meeting weekly and if possible regularly to teach a Bible class.

All are given practice in using the library; in preparing reports of committees, minutes of meetings, items for newspapers and bulletins, printers' copy and proof reading; are expected to attend each year at least two Association conventions, and to report the same in writing upon their return.

Frequent delegations of students are assigned to conduct services for young men in the towns and villages of the Eighth Association District of Massachusetts. Upon their graduation, fully one half the class of '95 engaged in this work for several weeks in New Hampshire and Vermont under the direction of one of the secretaries of the International Committee.

LIBRARIES.

During the entire course the students will have access to the Springfield City Library of more than 80,000 volumes, to the School Library and to the Historical Library of the American Young Men's Christian Associations; and will also be required to engage in special courses of reading in connection with the department work.

THE COURSE BY YEARS.

First year.

The Bible, see p. 20; Physiology, see p. 22; Hygiene, see p. 22; English composition, etc., see p. 24; Physics, see p. 21; Chemistry, see p. 21; Vocal Music, see p. 24; Practical work in the local Y. M. C. A.'s and in the Physical and Educational laboratories of the School, see p. 28.

Second year.

The Bible, see p. 20; Nerve Physics, see p. 22; Psychology, see p. 22; Business Law and Civil Government, see p. 24; The Young Men's Christian Association—its field, objects, and history, the organization and its home, see p. 25; Theory and practice in the Physical and Educational Departments of the School, see pp. 27–28; Practice in the local Y. M. C. A.'s, p. 28.

Third year.

The Bible, see p. 20; Ethics, see p. 22; Sociology, see p. 22; Pedagogy, see p. 23; The Young Men's Christian Association—methods of local work by departments, state and international supervision and extension, see pp. 26–27; Practice in the Y. M. C. A.'s of Springfield and vicinity.

SPECIAL LECTURES AND CONFERENCES, 1894-5.

L. L. DOGGETT, State Secretary of Ohio, "Association Work in Germany."
J. R. MOTT, College Secretary of the International Committee, "Bible Study for General Growth."

GEO. B. HODGE, Educational Secretary of the International Committee, "The Development of Association Educational Work," illustrated by the Association Exhibit at the Columbian Exposition.

CHAS. T. KISSAM, Plainfield, N. J., "Financial Management."

CLAUS OLANDT, Secretary of the International Committee, "Recent Experiences in Evangelistic Work."

E. PORTER DYER, Editor Springfield Union, "The Secretary and the Newspapers."

DR. CHAS. A. EASTMAN, Secretary of the International Committee, "Association Work among the Dakota Indians."

GEO. M. HERSEY of Hartford, "Experience in Canvassing for and Erecting an Association Building."

REV. JOHN H. ELLIOTT of Chicago, "Power for Service."

The Secretarial Students attended the following conferences and conventions:—

April 19-21, 1895. Connecticut Valley District Conference at Northampton.

May 8-12, 1895. International Convention, Springfield, Mass.

May 13-16, 1895. Conference of North American Secretaries' Association, Hartford, Conn.

For admission and expenses, see pp. 40, 41.

PHYSICAL DEPARTMENT.

Object:—The Training of Men for the Work of the Physical Directorship.

This department of the School offers rare opportunities for a "normal Christian physical education."

LOCATION.

There is no part of the country where athletics are so much fostered, where the college athletic teams are better trained, or where the local Young Men's Christian Associations are more vigorous in their physical work, than in the associations and colleges of New England.

The students visit the majority of the following named first-class gymnasiums during their course: The Association Gymnasiums at Worcester, Boston, Cambridge, Holyoke, Hartford, New York, 23d Street, Harlem, Brooklyn. College Gymnasiums: Harvard, Amherst, Yale. Athletic Clubs: Boston Athletic Club, New York Athletic Club. Normal Schools of Gymnastics: Boston Normal, Baron Posse, Harvard, Mary Allen Y. W. C. A., Dr. Anderson.

From nowhere else in the country could this valuable experience be gained with so little expenditure of time and money.

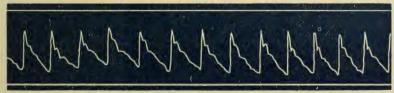
The fine building and gymnasium of the local Association afford illustration of a model work.

The School's facilities in the way of gymnasium, athletic grounds, apparatus, etc., have been described under "Equipment" (see pages 12-18).

COURSE IN THEORY.

Mechanics of the Body.

Based on Physics and Anatomy. Study of the bones, articulations, muscles, muscle insertions, leverage; of the combined action of muscles and mechanism of bodily movements, with special application to gymnastics and athletics. Demonstration on individuals, of muscular origin, insertion and action.



A SPHYGMOGRAPHIC TRACING.

Physiology of Exercise.

Careful study of both general and special effects of exercise. Relation to circulation, respiration, nutrition, secretion; "wind," breathlessness, fatigue, stiffness, overwork, etc., etc. "Training" is considered in this connection. Study of the waves in the circulation, as shown by the sphygmograph, their causes, peculiarities, and value. Original research along some special line for the solution of definite problems in our work.

Physical Examination.

Physical Diagnosis, *Loomis*. Study of the appearances, conditions, defects, and deformities likely to be met with in the examining room; method of examining the heart, lungs, etc., to prepare the student to assume such responsibilities as may properly rest upon the physical director, and to protect those who may come under his charge against unwise exercise and habits of life.

Massage.

Handbook of Massage, Kleen. The technique of massage and physiological effects. General principles as applied to development and training. Massage of sprains and strains. Medical massage is not included.

Gymnastic Therapeutics.

Underlying principles of the subject rather than the details of application. The treatment of spinal curvature, functional derangements of the heart, neurasthenia, general debility, etc.

Anthropometry.

Per Cents		1	2	5	10	15	20	25	30	33	40	45	50	58	60	65	70	75	80	85	90	85	98	99	
Verahi	1536	1333	1925	113.7	1125	1243	1264	125	1813	1936	135.5	172.6	133.6	1415	418	1454	1424	15-0	1824	9557	1394	Note 1	1715	1747	154
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Veck CIATHS	134	12.2	12 4	12 7	13	132	3	40	10 6	13.7	73 8	133	14	100	7	T., .	14.8	14.6	147	149	15.4	134	157	13.5	14
Sheat Contracted	334	250	344	312	310	323	327	33	333	704	238	34	342	343	347	35	31.	2	35.8	34.2	36 6	373	361	386	35.
hed Expended	371	323	32,5	33.8	34 6	34.2	344	34	343	366	363	12	375	2000	387	38.3	36.7	33	334	338	403	412	42 1	427	37
Waist	30.5	248	283	26 2	263	27,4	278	28.8	28.0	28.8	231	22	236	235	301	304	347	31	313	31.7	323	32	330	344	29
altforente	10.8	9	9 2	9,4	97	9 8	10	10.1	10.2	103	IUA	104	106	10 4	10.7	106	103	71 -	117	75	101	11.6	11.9	12,1	11
light Opper Arm Down	106	8.3	8.	9.	9 0	3 4	38	10	101	103	10.4	/ Charles	F	rom.	₩.	7/7	īL2	1/4	11 6	II.B	12	12.4	128	13.1	10.
promin Araby	127	99	10.2	10.5	10.3	11,	113	11.6	11 6	118	11.9	12	121	123	124	128	72	23	13 -	حدو	134	13.8	141	14.4	13
est Forese	10.9	9	2 8	3,4	97	98	10	101	10.2	103	100	106	10 5	160	107	10.5	Jul.	7	111	11.2	11.4	17. 6	11.9	121	10
et lass. A. m. Door.	10.	83	8 6	9	9 4	9.6	98	10		rest	700	10.5	101	108	11.	11.1	11.2	II.A	114	ILB	12,	120	12.8	131	10.
ch Opper Arably	118	9.9	10 2	106	18 9	11	11 3	1/6	11.6	-	113	12	121	- 11	VEP.	12 5	12.6	128	13	13,1	134	/3.8	141	144	12
Roch Thou	213	17	17,3	179	18 4	18 8	131	198	19.8	197	199	261	202	200	206	208	72.	Ø19		212	22	22.6	23.1	236	21
ight Call_	14.3	116	119	123	12.6	12 6	10	132	133	136	13 0	137	138	14	141	142	20	14.5	140	148	151	15.4	158	141	14
eft Thish	20.5	17	173	173	18.4	108	191	153	19 6	137	199	201	202	20,4	100	20 8	21	2 🕊	214	21.7	24.	22.6	231	23 6	21
eff Call	14.3	116	11.3	123	12 6	120	13	132	133	135	13 6	137	3.8	14	141	142	3	145	4.7	3	151	154	138	141	14
112	7	U	O	1 2	30	4 8	6	*	40	67	93	102	10	***	723	13.3	14.1	16	16	17.2	18.6	298	232	248	11.
out tra	7.	0	0	, 2	3 3	4.4	62	6	3	75	79	44	2	34	10.1	107	11.5	12	127	13.6	147	16.8	101	3.3	7.

Use of anthropometric apparatus. Measurements—how taken, preserved and used. Bodily measurements, charts and their mathematical basis; the "percentile" method of Sir Francis Galton, the "physical height as a unit" method of Dr. Hitchcock, the ordinary "average"

method. Typical versus perfect form. Proper use of anthropometric charts, fallacies involved in some of them. Characteristics of different classes of gymnasts and athletes.

Photography.

The camera. Principle of the lens. Chemistry of plate, development, fixing, etc. Instantaneous photography of athletic work. Stereopticon slides. Enlarging. Time pictures of unusual cases in office. Flash light photography. Each student will supply his own outfit.

Literature of Physical Training.

Each student will become familiar with the best books and pamphlets on physical training during his course. There will be regular class-room work in this as in other subjects.

The students will in connection with this subject use the Physical Department of the School's Library. This has been built up largely by the contributions of physical directors throughout the country, and is one of the largest and best collections in our language on physical education. It contains over nine hundred books and pamphlets bearing upon physical education. A subject index makes it valuable as an aid to study, not only in prescribed work, but in broader lines, as the time of the student may permit.

History and Philosophy of Physical Education.

With reviews of the following books: Report of Boston Physical Training Conference; Systematic Training of the Body, Schaible; Physical Training in American Colleges, Hartwell; An Hour with Delsarte, Morgan; Gymnastic Progression, Enebuske; Kineisiology of Swedish Gymnastics, Posse.

The design of this study is to give the student a clear knowledge of the work that has been done along these lines. The fundamental principles and aims of each system will be studied. The influence of the athletics of the Greeks on national life, the "Pentathlon"; German gymnastics; life of Jahn, Turnverein, school gymnastics, military gymnastics; Gymnastics in Sweden, Ling and his work, Royal Gymnastic Institute at Stockholm, Swedish "movement cure"; the renaissance of athletics in France, life and work of Delsarte; English athletics; Physical education in America; History of Physical Department of the Young Men's Christian Association.

Reviews and special reading in preparation for graduating essays.

COURSE IN PRACTICE.

On account of the fact that this School gives, in its course in practice, attention not merely to gymnastics, but aims also to qualify its students as teachers of athletics and aquatics, it is impossible to do much in advanced gymnastics. Each class will, however, be carried as far as the time will permit.

Special emphasis is laid all through the course on the enthusiastic pushing of that work which will be of chief value to the average man in the Associations. Every subject throughout the course is studied and practiced from the standpoint of its usefulness as a physical or moral agent in the peculiar conditions obtaining in the Young Men's Christian Associations. Class, rather than individual work, accordingly, is emphasized and the elements of recreation and also of moral discipline are striven for. The character of the work done in the Associations is rapidly becoming system-

atized, and a rationale formulated. The aim will be to fit the student for the new movement rather than for the old.

Roberts' Home Dumb-bell Drill, as outlined in "Robert J. Roberts and his Work," will receive careful attention, as will also the philosophy of his work as outlined in the same pamphlet.

Bar-bell Drill (not yet published), by Dr. Gulick, will be studied at the same time.

The Marching System, by Dr. A. T. Halsted, will be the basis of all work in this direction. Special attention will be given to running mazes.

The Apparatus IVork will, during the early part of the course, be such as is most useful in Associations where large classes have to be handled



rapidly. Later on the work more suitable for smaller classes, leaders' classes, etc., will be studied. There will be given, however, only a minimum of work in which hands support the weight of the body for more than a few moments. Pulley weights will receive careful attention, both from the standpoint of development and the requirements of health gymnastics.

Traveling rings, flying rings, climbing rope, Swedish bom, will each receive the attention that their usefulness demands.

Class work in wrestling and sparring will be taken up during the Senior year. Fencing calisthenics will also come in at this time. Only that work that is suitable for class work will be given. Elementary tumbling, or mat work suitable for classes, will also be taught.

Basket Ball and other games which are valuable as a means of exercise or recreation are taught and practiced. A Basket Ball League is formed and a series of match games played during the winter.

Each student does actual work in the leading of classes. The art of teaching will be discussed on the floor as well as in the class in Pedagogy. (See General Course, page 23.)

Emphasis here as in gymnastics is laid on the *health* side of the work, and on that which is suitable for large numbers. The cultivation of all-round rather than special events, is the aim in view. To understand the reasons for and the methods of teaching, as well as to qualify the student as a performer, are the ends to be attained.

The Pentathlon will receive chief attention amongst the track and field events.

Lawn tennis courts afford opportunity for this sport. Football has received considerable attention during previous years, and the School has won an enviable reputation as playing a clean and gentlemanly, as well as a hard and fast, game. Games have been played with Harvard, Yale, Wil-

liams, Amherst, Dartmouth, Trinity, and others. Whether or not this sport will be taken up in the future depends on the future of the game amongst the Associations. What this is cannot be seen at present.

Team Ball, a game designed to take the same place out-of-doors, to the bulk of the Association members, that Basket Ball does indoors, will be brought out.

Swimming will receive more attention than formerly. The various strokes will be taught and practiced. The rescuing of the drowning, the righting of a capsized canoe or boat, diving, etc., will be included in the course.

The elements of rowing, paddling, and sailing will be taught; this work being done on the Connecticut river.

Several times during the course the students form a camp over night, generally going by boat. After Commencement there is usually a party that sails down the Connecticut river to the Sound, and on it for a short time.

• The physical department students are required to unite and work with the Springfield Young Men's Christian Association throughout the entire course, to do regular service on one of the Association's standing committees, and to attend all stated meetings of the committee to which appointed.

They will also be expected during the course to visit the large gymnasiums of either Boston or New York, and that of either Harvard, Yale, or Amherst; also to attend each year two conventions, one of the Young Men's Christian Association and the other of the American Association for the Advancement of Physical Education.

THE COURSE BY YEARS.

First Year.

Bible, see p. 20; Physiology, see p. 22; Hygiene, see p. 22; English Composition, etc., see p. 24; Physics, see p. 21; Chemistry, see p. 21; Vocal Music, see p. 24; Practical Work, see pp. 33–35.

Second Year.

Bible, see p. 20; Nerve Physics, see p. 22; Physiological Psychology, see p. 22; Psychology, see p. 22; Department Theory, see pp. 31-33; Methods and Principles of the Young Men's Christian Association, see pp. 23-24; Department Work, see pp. 33-35; Practical Work, see p. 35.

Third Year.

Bible, see p. 20; Ethics, see p. 22; Sociology, see p. 22; Pedagogy, see p. 23; Department Theory, see pp. 31-33; Department Practice, see pp. 33-35.

EDUCATIONAL DEPARTMENT.

Object:—The Training of Men for the Supervision of the Educational Work of the Association.

First, Educational Directors for the special duties of direct supervision of the educational departments of Association work.

Second, Training Secretaries to have a more comprehensive idea of, that they may have a more intelligent general supervision over, the educational department of their work.

LOCATION.

Within easy reach of a score or more institutions of learning of the highest order, also in close proximity to a large number of Associations where educational work is carried on, the location for such a school and such a training is most desirable. In many instances the students will be able to secure practical experience as well as material assistance by teaching night classes in neighboring Associations.

THE NEED OF TO-DAY.

Practical and specially trained educators capable of reaching and influencing men on all sides of their lives to serve in the capacity of Educational Directors of the Young Men's Christian Association.

To young men of ability trained for this work is offered an unusual opportunity for usefulness by enabling them to become potent factors in solving many of the problems of to-day by reaching and helping young men in all that makes for honest Christian manhood and good citizenship.

The possibilities of the educational work of the Young Men's Christian Associations, and the need for intelligent direction and supervision, are meeting with more and more recognition. Great masses of bright and capable young men in all parts of our country are willing and ready to improve every opportunity to better their condition. The educational facilities within their reach are as yet inadequate. Already large numbers are taking advantage of the facilities offered by the Association educational classes, and are receiving material benefit as well as mental stimulus. These numbers might and should be multiplied many fold.

The diversity of subjects taught in the evening classes of the Young Men's Christian Association will give a good idea of the immense possibilities in the educational work for reaching men of all classes and conditions, and will give a fair idea of its importance and adaptability. We must remember that no one Association takes up any considerable portion of them except perhaps a few in the largest cities. We expect that all graduates of this department will have at least an intelligent appreciation of the subjects outlined, and the conditions under which they are successfully carried on so far as they relate to the planning of courses and reaching various classes of men, and will have a class-room training in all of the more important ones.

A training of such breadth should qualify a man so to direct the educational work of any Association that it will fully meet the needs of the various classes of men found in the city, and useless experiments costing time and money be avoided. This makes self evident the answer to the question, "Why such a training?"

The Department course includes the following:-

- 1. Reading Room.
- 2. Library.
- 3. Literary societies.
- 4. Lectures and Practical Talks.
- 5. Educational Class Work Classified as follows: Commercial; Political; Scientific; Industrial; Language; Miscellaneous.

Reading Room, especially in its relation to Educational Class Work.

Equipment—Location of room. Selecting and securing of those papers and periodicals that will be the most useful for the class of men it is desired to reach.

Supervision—Care of rooms, books, and periodicals. Classification and cataloguing. Methods of directing readers to the material most useful.

Library, especially in its relation to Educational Class Work.

Technical, reference, and circulating departments. Classification and cataloguing. Records. Librarian. Arrangement. Selection in buying books, ways and means, judicial advertising.

Literary Societies.

Congress, City Council, Technical Society, Working Men's Club.

Lectures.

Practical Talks, their use and abuse. The use of home talent.

Educational Classes.

In order that the best possible understanding of the opportunities for usefulness and the relative importance of this department may be had, we give here as complete a list as possible of the subjects already taught in the Associations on this continent.

Commercial.

1. Commercial arithmetic. 2. Penmanship. 3. Bookkeeping. 4. Business correspondence. 5. Business law. 6. Banking. 7. Shorthand. 8. Typewriting.

Political.

Geography. 2. History. 3. Civil government. 4. Social science.
 Ethics. 6. Political economy. 7. City council. 8. Congress.

Scientific.

1. Arithmetic. 2. Algebra. 3. Geometry. 4. Trigonometry. 5. Physics. 6. Chemistry. 7. Physical laboratory. 8. Chemical laboratory. 9. Electricity. 10. Electrical engineering. 11. Steam engineering. 12. Mechanics. 13. Mechanical engineering. 14. Civil engineering. 15. Architectural engineering.

Industrial.

1. Mechanical drawing. 2. Architectural drawing. 3. Free hand drawing. 4. Monumental drawing. 5. Carriage designing. 6. Original designing. 7. Blue printing. 8. Clay modeling. 9. Plaster casting. 10. Wood carving. 11. Carpentry. 12. Pattern making. 13. Forging. 14. Tempering. 15. Chipping. 16. Filing. 17. Molding. 18. Casting. 19. Plumbing. 20. Brazing.

Language.

1. Reading and spelling. 2. Grammar. 3. Composition. 4. Rhetoric. 5. English. 6. English literature. 7. Public speaking. 8. Elocution. 9. French. 10. German. 11. Spanish. 12. Latin. 13. Greek.

Miscellaneous.

1. Vocal music. 2. Glee club. 3. Orchestral music. 4. Bible school. 5. Mechanical club. 6. Psychology and hygiene. 7. Foods, diet, etc. 8. Sanitation. 9. First aid. 10. Telegraphy. 11. Photography. 12. Ventilation. 13. Tours.

Total in all departments, seventy-seven.

EXPLANATORY.

The Associations have found it necessary in their evening classes to teach almost all the subjects in a different manner from the way they are taught in ordinary school work, owing to the fact that they reach men already engaged in practical life, and the object is to give them only that part of the subject adapted to their needs, and thus enable them with the least expenditure of time to get the greatest amount of benefit.

The School's course in Algebra, Geometry, and Trigonometry is planned with a view not only to give the student a knowledge of the underlying principles of the subject, but also with special reference in its application to practical, everyday problems, thus making it possible for them to plan courses best adapted to the needs of young men.

In the course in Physics, enough attention is given to matter and its properties for practical use. The student is passed as rapidly as possible on to such subjects as dynamics in its relation to laws of motion, work, and energy, transformation of energy, machines, etc.; heat in its relation to such

problems in practical life as combustion of fuels, transmission of heat in heating and ventilating buildings; heat in its relation to the various problems of everyday comfort and practical life, power, etc.; sound in its relation to transmission of waves; the relation between light and heat, leading up to and giving special emphasis to the important and far-reaching problems of to-day, electricity and magnetism.

The course in Chemistry covers the history of Alchemy of the Middle Ages in order that the student may recognize the important part played by this science in the development of the civilization of to-day; the common elements, their occurrence, uses, and relation to each other, and to our every-day existence. Especial attention is given to a few of the more important elements, such as oxygen, hydrogen, and nitrogen, and their combinations which have a part in supporting life, such as air and water. The properties and impurities of these will be taken up so that the student will be enabled intelligently to test for them and to teach and apply the principles of sanitation. The metals are studied with special reference to those used in the trades and industries, their composition, classification, and relative importance. Such chemical combinations as relate to bleaching, dyeing, foods, poisons, etc., are studied.

DEPARTMENT PRACTICE.

In this is included the laboratory work in practical physics and chemistry, together with the shop work in wood and iron. In the Physical Laboratory the students become familiar with the manipulation of laboratory apparatus. In the Chemical Laboratory is included the work of testing for elements and commercial compounds, etc. In the Mechanical Laboratory is studied the properties of wood and iron, the various tools and their use, parts of structure, machines, etc., complete designs with a view to proportion, design, and symmetry.

THE COURSE BY YEARS.

First Year.

Bible, Physiology, Hygiene, the English Language, Physics, Chemistry, Vocal Music, Department Laboratory Practice.

Second Year.

Bible, Nerve Physics, Physiological Psychology, Psychology, Department Theory, Methods and Principles of the Young Men's Christian Association, Practice in Educational Department of Association Work, Laboratory Practice, Gymnasium Practice.

Third Year.

Bible, Ethics, Sociology, Pedagogy, Department Theory, First Aid, Swimming, Boating, etc., Department Practice.

For equipment see pages 17, 18. For admission and expenses see pages 40, 41.

REQUIREMENTS FOR ADMISSION.

The School is open only to Christian young men, over eighteen years of age, who have already shown ability in the direction of the work for which they wish to prepare. Each applicant must be a member in good standing of an evangelical church, and if admitted shall bring a certificate to this effect and unite and work with some church of his choice in this city.

Each applicant for admission shall give evidence of having had at least a fair English education. If a graduate of a college or high school, he shall, upon entering, show his certificate of graduation; if not, he must, before he can be accepted, pass a preliminary examination. Applicants for the Physical Department will also have a physical examination. Business experience is very desirable.

Several weeks are sometimes required in making a thorough investigation, hence the desirability of making application as early as possible. Only after satisfactory reports are received can any student be admitted to the School. The School year begins with the second Wednesday in September. Students who enter for one year, or the course, will not be admitted after the last of September. In extreme cases men will be admitted for a part of a year, but nothing aside from the regular work is promised to such.

It will be greatly to the advantage of all to enter at the *beginning* of the year, and too much emphasis cannot be laid upon the importance of taking *the entire course*.

Each student shall give at least one week's notice if for any reason he wishes to leave the School before the end of the year.

Each is received upon probation; and when it becomes clearly evident that the prerequisites for success are wanting, he will no longer be retained in the School.

Each student who has not already done so, is urged to read carefully, in advance of his coming, "The Student's Manual," by Rev. John Todd.

ROOMS.

Each student lodging in the dormitory will care for his own room, which must be kept scrupulously clean. He will be expected to provide sheets, pillow and bolster slips, towels, and soap. Beds are all single, three feet in width; pillows, 18x26 inches. Rooms are liable to inspection.

Sets consisting of four sheets, two pillow slips, four large linen towels, and two large bath towels, all hemmed, can be furnished by the School for \$4.00, if ordered in advance.

ESTIMATE OF EXPENSES.

FOR THE SCHOOL YEAR OF FORTY WEEKS.

The following table is based upon the experience of the past five years:—

	Secretarial and Educational Departments.	Physical Department.
Table board (with students' club),	\$100 to \$125	\$100 to \$125
Furnished room with light and heat,	60 " 60	60 " 60
Tuition,	50 " 50	50 " 50
Gymnasium suits,*	8 " 12	15 " 40†
Washing,	12 " 20	12 " 20
Text and note books	12 " 20	20 " 35
Conventions,	15 " 18	15 " 18
Membership in local Association,	2 " 10	2 " 10
	\$259 " \$315	\$274 " \$358‡

THE ABOVE ESTIMATE COVERS ONLY THE ITEMS SPECIFIED, AND NOT OTHER NECESSARY INCIDENTALS, WHICH EACH MUST CALCULATE FOR HIMSELF.

Only sixty-four students can be lodged in the new dormitory, and rooms are assigned as the students are accepted; rooms so assigned, unless by special engagement, will not be held more than one day after the opening of the term.

Tuition is payable promptly on the last Monday in September and January, one half at each payment. Room rent, on last Monday in each month. No reduction of rent will be made to a student who engages a room and fails to appear at the specified time, nor to one who vacates his room less than a month before the close of the school. Rent stops only when the room is vacated and the key delivered to the janitor. A deposit of fifty cents will be required for each key.

Students will save themselves trouble and expense by bringing exchange on New York and Boston banks rather than local checks.

^{*}Students are advised not to purchase gymnasium or athletic suits before coming to the School as the School has regulation colors and suits which all are expected to wear.

[†]Gymnasium — Long-sleeved jersey, \$3.00; pants, \$3.00: belt, 50 cents; shoes, \$2.50. Field.— Football suit (including shoes), \$8.00; sleeveless jersey, \$2.50; sweater, \$3.50; spiked shoes, \$4.50; tennis shoes, \$2.50; running pants, 75 cents; hat, 50 cents. Many of these need to be purchased but once.

[‡]To this should be added, in the Senior year, from \$30 upwards for photography and sphygmography.

RECITATIONS, PRACTICE, AND EXAMINATIONS.

Each student is expected to have at least three fifty minute class-room exercises each day during five days of the week, also at least two hours daily practice, according to the year and department, in gymnastics, athletics, shop work, laboratory work, or practical work in the Young Men's Christian Association.

Examinations, either oral or written, are made at the option of each instructor.

Monday is the School holiday.

A Junior or Middler shall be eligible for promotion only after passing satisfactorily in every branch prescribed for the year covered, and upon recommendation of the department superintendent.

A Senior shall be eligible for graduation only after passing satisfactorily in every branch of the course, and upon recommendation of the department superintendent.

FELLOWSHIPS.

There have been established Fellowships which will yield three hundred dollars per year.

They will be awarded by the faculty, the following points being those chiefly to be considered:—

1st, Character; 2d, Scholarship; 3d, Proficiency in practical department work.

The Fellowships are open to any, but, other things being equal, they will be given to graduates of the School. They will be awarded if possible on or before Commencement day of each year.

The duties connected with a Fellowship are:-

1st. The acting as assistant in department theory and practice, the work not to exceed four hours a day.

2d. The preparation of a thesis which shall embody the results of original work done under the supervision and with the advice of the superintendent of the department.

FOR GENERAL INFORMATION

Concerning the School apply to OLIVER C. MORSE, Cor. Secretary.

FOR SPECIAL INFORMATION

Concerning the departments or for admission to the School, address:-

J. T. BOWNE, Supt. Secretarial Department.

LUTHER GULICK, M.D., Supt. Physical Department.

D. F. GRAHAM, Supt. Educational Department.

CONTRIBUTIONS.

Inquiries concerning the finances will receive immediate attention if addressed to Oliver C. Morse, Corresponding Secretary, and remittances may be made payable to his order or to George D. Chamberlain, Treasurer.

FORM OF BEQUEST.

I give and bequeath to the International Young Men's Christian Association Training School, Springfield, Mass., the sum of dollars.*

BEQUEST FOR ENDOWMENT.

I give and bequeath to the International Young Men's Christian Association Training School, Springfield, Mass., the sum of to be safely invested by them and called the Fund. The interest of this fund to be applied to the use of the School.*

PERPETUAL LOAN FUND.

For the purpose of founding a perpetual loan fund in the International Young Men's Christian Association Training School, Springfield, Mass. (or any of its departments, if so stated), I hereby give the sum of five thousand dollars—or its equivalent in good securities at cash value—to be safely invested by them, the income to be loaned toward the education of students who have already shown ability in the School.

^{*}Or the testator may specify, towards the current expenses; or towards the support of a chair of instruction in the General Course, or in any of the departments; or to be used as a loan towards the education of students who have shown ability in any of the departments.



STUDENTS NOW ENGAGED IN ASSOCIATION WORK.

The following is an approximately correct list of the students now in the work that have been under regular instruction in the International Young Men's Christian Association Training School, at Springfield, Mass., up to and including the Class of '95.

Andrew, William Alexander,
ARCHIBALD, LYMAN WALKER,
Austin, Burton Cyrus,
AUSTIN, LEWIS SEYBOLT,
Badger, Jonathan Edmund,
Baker, George Douglas,
BALDWIN, HARRY ANDERSON,
BALL, WILLIAM HENRY,
BALLARD, LYMAN ELLSWORTH,
BARNES, FRANK EVERTS.
BARRETT, STEPHEN EDWIN,
BARTLETT, REUEL EARNEST,
BARTON, WILLIAM HENRY,
Bell, Arthur Ferguson,
,

BLACK, JOTHAM FRETHEY.

BOND, THOMAS PARSONS,

BROWN, ARTHUR WHITE,

BLACK, WALTER ORLANDO,

BOUCHER, CLARENCE ROOT,

BUNTING, ALBERT EDWARD,

AIKEN, EUGENE MYRON,

ALLEN, LEWIS WARREN,

ALLEN, WINFRED EMERY,

CANFIELD, JAMES EDWARD,
CAREY, CHARLES HENRY,
CAREY, WILBERT FRANKLIN,
CARRUTHERS, FREDERICK FAVE
CARSON, ALBERT THOMPSON,
CHAPMAN, DANIEL C.,
CHAPMAN, WILLIAM FRANCIS,
CHASE, WILLIAM RICHMOND,
COBLEIGH, IRVING VASA,
COLTON, OSCAR CLEMENT,
Cook, John Wesley.

- State Secretary, Topeka, Kan. '88. Phys. Director, Hartford, Ct. '88;
- Ass't Instructor Int. Y. M. C. A. Train-'95, ing School, Springfield, Mass.
- General Secretary, Taunton, Mass. '91,
- General Secretary, St. Stephen, N. B. '93,
- General Secretary, Brattleboro, Vt. '94,
- '95, General Secretary.
- Phys. Director, Toronto, Ont. '94,
- '90, General Secretary, Muscatine, Io.
- '01, General Secretary, Knoxville, Tenn.
- 'gr, Phys. Director, Montreal, Que.
- '94, Phys Director, 23d St. Br., N. Y. City.
- Phys. Director, Woburn, Mass. '93,
- Ass't Sec'y, R. R. Br., N. Y. City. 90,
- Phys. Director. 95,
- Phys. Director, So. Framingham, Mass. '91,
- '94, General Secretary, Halifax, N. S.
- Phys. Director, Williamsport, Pa. '94.
- Phys. Director, Redlands, Cal. '02,
- Phys. Director, Milwaukee, Wis. '93.
- Gen'l Sec'y, R. R. Br., Covington, Ky. '87,
- '94, Phys. Director,
- General Sec'y, Waterford, N. Y. 94,
- BURKHARDT, FREDERICK WILLIAM, '93, Phys. Director Ger. Br., St. Louis, Mo.
 - General Sec'y, Gt. Barrington, Mass.
 - '94. Phys. Director, Dallas, Texas.
 - '92, General Secretary, So. Bend, Ind.
 - TTE, '89, General Secretary, Hastings, Neb.
 - '90, General Secretary, Plattsburg, N. Y.
 - '87, General Secretary, Ventura, Cal.
 - '87, Ass't Secretary, Montreal, Que.
 - '93, General Secretary, Whitman, Mass.
 - '95. General Secretary, Norwich, Ct.
 - '88, General Secretary, Quincy, Mass.
 - '88, General Secretary, Bridgeport, Ct.

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CORBETT, DAVID WATSON,	'9 1 ,	General Secretary, Honolulu, Hawaii.
Cotton, Arthur Norman,	'95,	Ass't Secretary, Rochester, N. Y.
Crowe, Robert Oscar,	'95,	General Secretary, Peterboro, Ont.
7 W P		
DAUM, WILLIAM FLETCHER,	'90,	Ass't Secretary, Springfield, Mass.
Davey, Joseph John,	'94,	General Secretary, Rockland, Mass.
DAVIS, WILLIAM HENRY,	'92,	Ass't Secretary, Bridgeport, Conn.
DAY, GEORGE EDWARD,	'93,	General Secretary, Lynn, Mass.
DENMAN, WM. VAN BENSCHOTEN,	'95,	Phys. Director, Reading, Pa.
DICKSON, HENRY DAVID,	'90,	General Secretary, Buffalo, N. Y.
DIETZ, HENRY LOUIS,	'94,	Phys. Director, 20th St. Br., San Francisco, Cal.
DRIVER, JAMES KEMP,	'92,	Phys. Director, Dubuque, Io.
Dudley, Joseph Matthews,	'95,	General Secretary, Handley, W. Va.
DURAND, WILLIAM BALCH,	'95,	Phys. Director, Buffalo, N. Y.
EDWARDS, JAMES HENRY,	'90,	General Secretary, Reading, Pa.
EXNER, MAX JOSEPH,	'92,	Phys. Dir., Carleton College, North- field, Minn.
FAGG, FREDERICK DOWE,	'88,	Gen. Sec., 26th Ward Br., Brooklyn, N.Y.
FAIRBANKS, WILLIAM AUSTIN,	'94,	General Secretary, Concord, N. H.
FENNER, ROMAINE CORDILLO,	'89,	General Secretary, Petoskey, Mich.
FILLEBROWN, HERBERT MARTIN,	'90,	Ass't State Sec'y, Mass. and R. I., Bos-
		ton, Mass.
FINCH, GEORGE HARDY,	'92,	General Secretary, Torrington, Ct.
FLEMING, EVERETT THOMAS,	'90,	General Secretary, Passaic, N. J.
FLEMING, GEORGE,	'91,	General Secretary, Brandon, Manitoba.
FLINDT, ALBERT EDWARD,	'90,	General Secretary, Bay City, Mich.
Foss, Peter Lenord,	'92,	Phys. Director, Indianapolis, Ind.
FRANCIS, EBENEZER,	'92,	General Secretary, Sing Sing, N. Y.
FREER, HARVEY WASHINGTON,	'95,	General Secretary.
French, Benjamin Snell,	'93,	General Secretary, Stoneham, Mass.
GABLER, GEORGE LEWIS,	'94,	Phys. Director, Bridgeport, Ct.
GARLAND, ALBERT ELLSWORTH,	'91,	Phys. Director, Grand Rapids, Mich.
GILLETT, BURT WOOD,	'87,	General Secretary, Manchester, N. H.
GODTFRING, FREDERIC WILLIAM,	'90,	Financial Sec., Ger. Br., Buffalo, N. Y.
GREENE, SYLVESTER CHARLES,	'88,	General Secretary, Union Depot Br., St. Louis, Mo.
HALSTED, ALFRED THOMPSON,	'9 1 ,	Phys. Director, Springfield, Mass.
HASKELL, CLAIRE ELLIS,	'93,	Phys. Director, San Antonio, Texas.
HOLMAN, FRANK,	'94,	General Secretary, Kingston, Ont.
HORLACHER, LOUIS ABRAHAM,	'90,	Gen. Secretary, Ger. Br., Chicago, Ill.
Horner, Rudolf,	'94,	Gen. Sec., Ger. Br., San Francisco, Cal.
Ishikawa, Gen Samuro,	'92,	Gen. Sec., Japanese Ass'n, San Francisco, Cal.
Jackson, Joseph Proctor,	'89,	General Secretary, Dallas, Texas.
JONES, ALFRED KIRK,	'90,	Phys. Director, Utica, N. Y.

KILLAM, FRANK,
KING, ELISHA ALONZO,
KINGSBURY, CHARLES HENRY,
KINNICUTT, WILLIAM HENRY,

LANTZ, CHRISTIAN,
LOCHER, WILLIAM WALTER,
LOHANS, HERMAN HENRY,
LORING, BENJAMIN TAPPAN,
LOTZE, WILLIAM GEORGE,
LUNBECK, ARTHUR WILLIAM,
LUTZ, JOHN WILLIAM,

McCleery, William James, McCurdy, James Huff,

MacDonald, Finlay Grant, McGown, Chester Stowe, Mackay, Angus Murdoch, McKee, William Charles,

McLeod, Alexander W.,
MacPhie, Duncan Angus,
Mahan, Frank,
Marshall, Fraser G.,

MARTIN, CHARLES ALVIN,
MARTIN, RUFUS JONATHAN,
MAYLOTT, WORTHY FRANCIS,
MEDD, HENRY,
MERRILL, FRANK HERBERT,
MEYER, FRED WINFRED,
MOGGE, ERNEST LEWIS,
MORGAN, WILLIAM GEORGE,
MOYER, ELKANAH DEWILLA,
MURRAY, MURDOCH KENZIE,

NAISMITH, JAMES, NORRIS, JAMES HERVEY,

OLLER, LAWRENCE SHANNON, OWEN, WILLIAM THOMAS,

Page, John,
Page, Pierson Sterling,
Parker, Anson Lindsley,
Pation, Thos. Duncan,
Pell, Frank William,
Pogue, Elliott Samuel,

- '95, Phys. Director.
- '94, General Secretary, Newport, Ky.
- '92, General Secretary, Cumberland, Md.
- '94, Phys. Director, Cleveland, Ohio.
- '94, Gen. Sec., Greenpoint, Brooklyn, N. Y.
- '90, General Secretary, Muskegon, Mich.
- '95, Gen. Sec, German Br., Buffalo, N. Y.
- '93, Phys. Director, Lynn, Mass.
- '88, General Secretary, Denver, Col.
- '91, General Secretary, Uniontown, Pa.
- '94, Phys. Director, Knoxville, Tenn.
- '93, Ass't Phys. Dir., Harlem Br., N.Y. City.
- '94, General Secretary, Yarmouth, N. S.
- '91, Instructor Y. M. C. A. Training School, Springfield, Mass.
- '93, General Secretary, Reading, Mass.
- '95, General Secretary, Thompsonville, Ct.
- '89, General Secretary, Hamilton, Ont.
- '91, General Secretary, South Side Branch, Pittsburg, Pa.
- '87, General Secretary, Vancouver, B. C.
- '89, Phys. Director, Plainfield, N. J.
- '93, General Secretary, Charlotte, N. C.
- '90, Prov'l Secretary Maritime Provinces, Truro, N. S.
- '95, General Secretary, Milton, Pa.
- '94, Phys. Director, Northampton, Mass.
- '95, General Secretary, Millbury, Mass.
- '91, General Secretary, Summit, N. J.
- '95, General Secretary.
- '90, General Secretary, Springfield, Mass.
- '95, General Secretary, Geneva, N. Y.
- '94, Phys. Director, Auburn, Me.
- '95, General Secretary, Steelton, Pa.
- '90, General Secretary, Bath, Me.
- '92, Phys. Director, Denver, Col.
- '89, General Secretary, Hudson, Mass.
- '95, Phys. Director, Pittsburg, Pa.
- '90, Phys. Director, New Bedford, Mass.
- '95, General Secretary, Galt, Ont.
- '94, Phys. Director, Orange, N. J.
- '90, General Secretary, Detroit, Mich.
- 90, General Secretary, Detroit, Mich.
- '92, General Secretary, Winnipeg, Man.
- 'or, General Secretary, Palestine, Texas.
- '96, Gen. Sec., Col'd Br., Washington, D. C.

POLLARD, DAVID WRIGHT, POWLISON, CHARLES FORD,

PRATT, FRANK MAGEE,
RIDEOUT, MELVIN BRAGDON,
RIDGEWAY, JOHN WILLIAM,
RITCHIE, MARK,
ROGERS, DWIGHT LEETE,
ROGERS, JOSIAH WINSLOW, JR.,
ROSS, MAURICE,
RUGGLES, EDWARD PACKENHAM,
RUSSELL, WALTER BURTON,

SAYFORD, RAPHAEL, SEERLEY, FRANK NEWELL,

SHUTTS, GEORGE LIBERTY,
SIBLEY, FRANK LEROY,
SMITH, FRED. W.,
SMITH, HARVEY LEIGH,
SMITH, JOHN PETER,
SPENCE, DONALD MCKAY,
SPRAGUE, DOUGLAS,
STEPHENS, DUNCAN CALDER,
STOCKWELL, ALBERT PIKE,
STRATTON, ARTHUR TALMAGE,
SYMONDS, WILLIAM H.,

THEIS, PAUL EUGENE, THOMPSON, HUGH CURRIE, THOMPSON, JOHN GEORGE,

Vinson, James, Von Starck, Waldemar, Von Zastrow, Benno George,

WELZMILLER, LOUIS, JR.,

Winslow, George Henry, Worth, Elbridge Morseman, Wyman, Wm. Hutchinson, '94, Phys. Director, Pawtucket, R. I.

'89, Instructor Int. Y. M. C. A. Training School, Springfield, Mass.

'87, General Secretary, Toronto, Ont.

'93, Phys. Director, Paris, France.

'96, General Secretary.

'94, General Secretary, Calgary, Alberta.

'94, General Secretary, Northampton, Mass

'95, General Secretary, Greenfield, Mass.

'94, Phys. Director, Fitchburg, Mass.

'95, Phys. Director.

'95, Phys. Director, Pottsville, Pa.

'93, General Secretary, Marlboro, Mass.

'90, Instructor Int. Y. M. C. A. Training School, Springfield, Mass.

'92, Gen. Secretary, Framingham, Mass.

'94, Gen. Secretary, Chicopee, Mass.

'94, Phys. Director, Bangor, Me.

'93, Phys. Director, Galveston, Texas.

'91, General Secretary, Clinton, Iowa.

'92, General Secretary, Montpelier, Vt.

'90, General Secretary, Charleston, W. Va.

'94, General Secretary, Belleville, Ont.

'92, General Secretary, Calcutta, India.

'88, General Secretary, Pawtucket, R. I.

'87, General Secretary, Somerville, Mass.

'91, General Secretary, Paris, France.

'80, General Secretary, New Haven, Conn.

'93, General Secretary, New Glasgow, N. S.

'92, General Secretary, Birmingham, Ala.

'90, General Secretary, Breslau, Germany.

'91, Gen. Sec., German Branch, Baltimore,

'94, Phys. Director, East 86th Street Branch, New York City.

'91, Railroad Secretary, Clifton Forge, Va.

'94, General Secretary, Lock Haven, Pa.

'89, General Secretary, Gloucester, Mass.

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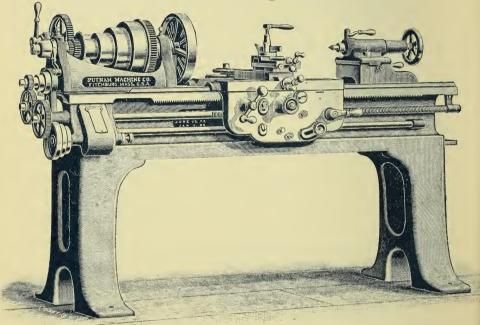
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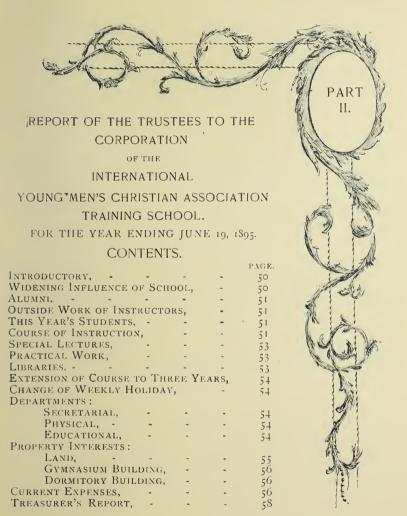
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REPORT OF THE TRUSTEES

TO THE CORPORATION OF THE INTERNATIONAL Y. M. C. A. TRAINING SCHOOL.

For the Year ending June 19, 1895.

GENTLEMEN:—The year which closes to-day has been rendered notable to the School by the meeting of the Thirty-first International Convention of the Young Men's Christian Associations of North America in this city.

For twenty-three years New England had not been favored by such a convention. At the last one, held in Lowell, Mass., in 1872, a prophecy was made that ere long a training school would be needed to prepare men for the office of general secretary in our Young Men's Christian Associations.

Thirteen years later, or ten years ago, this School was founded, and this year the city in which it is located has had the privilege of welcoming the International Convention, and giving to its delegates a good opportunity of seeing the fulfillment of the prophecy uttered twenty-three years ago at Lowell.

This convention brought together many of the prominent and deeply interested friends of Association work from far and near, and afforded them a good opportunity of inspecting the location, surroundings, and appliances of this Association "School of the prophets," besides giving to the students in training at the School, a most practical and in every way excellent and inspiring outlook over the whole field of Association activity, and of bringing them into contact with many of its recognized leaders.

Widening Influence of the School's Work:-

The growth, not only in the actual number of the School's graduates, that are now in the service of the Associations, but in their proportion to other secretaries and physical directors, is noteworthy.

The proportion of secretaries trained at the School has, within less than two years, increased from one in ten, to more than one in nine, while the number of secretaries and physical directors in the United States and Canada, taken together, is twenty per cent. of the total number, or one in five.

In localities where the School has received special encouragement, however, its helpful influence has naturally been much greater than elsewhere. In Massachusetts and Rhode Island, for example, according to the last report of their state committee, thirty-six out of the one hundred and four general secretaries and physical directors employed in these two states were trained at this School. In the Dominion of Canada over forty-two per cent, have obtained their special preparation for the work at this institution.

The reports during the past year, also, concerning the valuable contributions which the students of the Physical Department are making to the organization and development along right lines of the physical work of the Associations, and, above all, the reports of increased spiritual fruitfulness on the part of recent graduates, are an occasion for thanksgiving.

The School's influence, however, is not limited to this country, but is being exerted as a shaping and molding force, through its graduates, on all continents and in six different nations besides the United States and Canada.

Moreover, the superintendent of the Secretarial Department received a letter last January from the secretary of the Association in Berlin, Germany, announcing his intention to start a course of training, similar to that furnished by our School, to prepare men for the work in Germany, and neighboring countries.

The Alumni:-

The love and loyalty of the School's alumni for their Alma Mater is very gratifying. The School was glad to welcome back to Springfield about fifty of them at the time of the International Convention, and many of them in various ways have aided both in the support of the School and the extension of its property interests.

It is hoped, also, that the School's Alumni Association will develop increased efficiency, as an organization established for the promotion of the School's interests.

During the Christmas holidays, a Metropolitan Chapter of the Alumni Association was organized, the membership of which will consist of alumni located in New York or within a radius of fifty miles of that city. A Connecticut Valley Chapter has also been suggested. Such chapters might serve to concentrate and foster interest in the School's work, and promote plans helpful to it.

The graduates of this year are to publish in their class book as full a list as possible of all the men who have ever attended the Springfield School from three months to two years. This will constitute the first published list that approaches completion.

Outside Work of Instructors :-

Aside from their regular duties at the School, different members of the faculty have made themselves useful to quite a large number of the Associations, by lectures, and by addresses on anniversary or other occasions.

This Year's Students :-

The students this year have numbered forty-nine, twenty-four of whom belong to the Secretarial Department, and twenty-five to the Physical. Their attendance has covered more nearly the entire course than during any previous year.

Of the forty-nine students twenty-one have been members of the Senior class, while twenty-eight have been members of the Junior class. Of this latter class five are college graduates, a larger number than in any previous class. Twenty-five per cent. are from Canada, the largest delegation we have ever had from across the line.

The first colored man has entered the School this year for the regular course of training, and an Italian student who is preparing for the secretaryship of the Association in Rome, Italy. Germany and Ireland are also represented.

Course of Instruction :-

A new departure was made at the opening of the School year. The first two and a half days were devoted to a series of lectures to all the students, by differ-

ent members of the faculty, on subjects having a general bearing upon the work of the year, such as, the students' relation to outside work; how best to economize their time; to train the memory; to make best use of the libraries; to make abstracts and take notes of the lectures; to classify the material for work. One of the students afterwards remarked that it would have been a boon to him had he received such suggestions at the beginning of his college course.

Changes in the courses of instruction led to the retirement of Dr. A. T. Halsted from the School's service last January, though we are glad to report that his valuable services will not be entirely lost to the students of the School, as he has accepted the position of Physical Director of the Springfield Association.

The Bible instruction given by Mr. James McConaughy, the teacher of the English Bible at Mount Hermon, to each of the classes during the first and last ten weeks of the School year, has proved most valuable and acceptable, and it has been a matter of great regret, therefore, that Mr. McConaughy feels unable to continue the work another year, his regular work at Mount Hermon being too much of a tax and strain upon him to allow of his again undertaking this additional work. We are glad, however, to state that we are able to secure his services for a few illustrated lectures to the students upon Bible scenes and subjects, by which valuable suggestions may be given in regard to the use of the stereopticon in teaching the Bible.*

Mr. Burr's excellent course in sociology was repeated during the fall term and in connection with it, weekly meetings of a Social Science Club were held for the carrying on of special investigations, at which reviews of current events in the field of sociology were presented and reports were rendered by one and another of the students concerning different institutions in the city, such as the Boys' Club, City Mission, Salvation Army, Jail, Almshouse, etc., and special investigations were carried on by the club, of the various influences affecting young men, such as home life, school, reading room, church, club, saloon, etc. Debates were held on interesting sociological questions, and occasional reviews of the fresh literature on the subject were presented.

Mr. Burr has also given instruction in ethics, and in Old Testament history. The instruction in vocal music has been a pronounced success. A course of twenty lessons was secured from Mr. Philip H. Buechler, a graduate of the conservatories of music in Munich and Berlin, Germany. For several years Mr. Buechler has been devoting his life to the elevation of church music, that it may contribute directly and powerfully to the prime object of church life.

This course of instruction awakened great enthusiasm among the students, and it is exceedingly gratifying to know that an arrangement may be made with Mr. Buechler, in every way advantageous to the School, whereby his valuable services to the students may be continued from year to year.

Mr. James Naismith, the faithful and efficient and highly valued teacher on the subject of man, to our great regret, has felt called upon to offer his resignation as an instructor at the School, being desirous of devoting several years to practical investigation and development of physical department work in connection with some city Association, and in the pursuit of medical studies. We are safe in saying that he will retire to the great regret both of the faculty and the students of

^{*} Since this report was submitted arrangements have been made with Rev. Jas. M. Gray, of Boston, to give most of the instruction in the English Bible at the School next year.

the School, to whom he has endeared himself by his unremitting fidelity and helpful labors, and he will take with him a hearty God speed as he enters upon his new line of work and study.

Special Lectures :-

The regular instruction of the School has been reinforced by special lectures on topics of great interest, and very practical value by men specially qualified to treat of them. The list includes President G. Stanley Hall of Clark University, who delivered a most scholarly address at the opening of the gymnasium building on "The Problem of Health"; Rev. Dr. Philip S. Moxom, who spoke on "The Norwegian System of Controlling the Sale of Intoxicating Liquors"; Dr. E. M. Hartwell on the "Use of the Play Instinct in Education"; Robert A. Woods of the Andover House, on "The Idea of Social Settlement Work"; while among other special addresses may be mentioned those of Charles T. Kissam, Plainfield, N. J., E. Porter Dyer, and Milton Bradley of this city; and from among the international, state and leading local secretaries of the Young Men's Christian Association, the students have heard most profitably from John R. Mott, the College Secretary, George B. Hodge, Educational Secretary, Claus Olandt, Jr., German Secretary, and Dr. Charles A. Eastman, Indian Secretary of the International Committee, L. L. Doggett, State Secretary-elect of Ohio, George M. Hersey, General Secretary of the Hartford Association, Dr. J. H. McCurdy, Physical Director of the 23d street branch of the New York City Association, and Evangelists S. M. Sayford and John H. Elliott, both of whom have been prominent leaders in Young Men's Christian Association work.

Practical Work :-

Excellent opportunities for such work have been afforded during the year by deputation meetings at no less than thirteen places within one or two hours' ride of Springfield; by the district conference held at Northampton during April; by the International Convention in this city, and the Secretarial Conference in Hartford, and notably, by the new facilities for all departments of Association work provided in the new building of the local Association.

Many of the students are also planning to do deputation work for a part of the summer in New York, Vermont, and New Hampshire under the direction of the State Young Men's Christian Association committees.

Libraries :-

The value of the Reference Library has been greatly augmented by the obtaining of an adjoining room, furnished with table and light, and open up to ten o'clock in the evening, where the students have availed themselves, as never before, of the opportunity of consulting the books on its shelves.

The Historical Library has, during the past year, also been put to excellent use by some of the prominent leaders of the Association movement, who have borne willing testimony to the eminently practical value of such a collection of Association literature.

A few valuable books have been added to the reference library by a friend in New Jersey, and others have been kindly donated by one of the students, a member of the graduating class. The School is greatly in need of a fund whereby the fresh literature that is constantly appearing upon the subjects that are taught at the School, may find a place on its shelves, as well as for the proper care and maintenance of the literature already collected, to say nothing of a fire-proof building, in which the Historical, Reference, and Physical Department libraries may be safely and permanently cared for.

Extension of the Curriculum to three years :-

The question of lengthening the course of training to three years has been under discussion for a long time and last winter by a unanimous vote of the Executive and Instruction committees, to whom the matter was referred with power by the Trustees at their December meeting, this step was determined upon.

The growth of Association work, and the correspondingly increased responsibilities of the leaders of it, has been the underlying reason for taking this important step, for it has led to the addition this year of a new department of instruction called the Educational, and to the addition from time to time of new branches of study, to which justice can no longer be done within the limit of the two years' course.

Change of Holiday:-

During the last term the weekly holiday has been changed from Saturday to Monday, and the advantages have been such as to make it probable that the change will be a permanent one.

Departments:-

The superintendent of the Secretarial Department reports that he has received sixty-seven applications for help in securing secretaries the past year, as compared with thirty-nine the previous year, and that in response to these twelve men from the class of '94 and three from the class of '95 have been supplied. The prospect is also good that within a few weeks all of the graduates this year from this department will have been engaged for active Association service.

Mr. Bowne also reports that he has had three times as many inquiries concerning admission to the School this year as during the same period last year.

The superintendent of the Physical Department reports that special attention has been paid in this department to different forms of healthful and popular athletic exercise.

The department has been presented by some of its friends with oil paintings of Roth's model, which are of great service in the study of anatomy.

During the International Convention half a day was given to an exhibit of the Physical Department work of the American Associations in the School's gymnasium and on its athletic field, under the direction of Dr. Gulick, assisted by other members of the faculty. The exercises were admirably managed, and served most favorably to advertise that department of the School's work among the many Association friends that attended the convention.

Another Summer Conference for Physical Directors has been arranged by Dr. Gulick, and will be conducted during the ten days immediately following the close of the School year.

Mr. D. F. Graham came to the School on the 1st of January to take up his work as superintendent of the new Educational Department. The work this year

has necessarily been confined to giving the students of the Secretarial and Physical Departments a broader outlook over the educational field of the Young Men's Christian Association work, especially along industrial lines, for the purpose of making them more intelligently interested and effective in reaching and helping young men through the educational appliances of the Associations. Such appliances are especially adapted to reach and help the young mechanics, who constitute sixty per cent. of all our young men.

During the fall term the way was prepared for Mr. Graham's further work, by the teaching of physics under Dr. Halsted's direction, and during the winter and spring terms this study has been followed by the study of chemistry and mathematics, together with mechanical laboratory work.

The students have also had eminently practical training in the construction of partitions and the setting up of machinery in the basement of the gymnasium for the mechanical laboratory, as well as in the erection, during the Easter holidays, of the grand stand on the School's athletic grounds.

The work of this department has been rendered possible by the gift of \$1,000 from Mrs. E. S. Woods of this city, towards its equipment, supplemented by the gifts of machinery, or liberal reductions in the cost of them, by manufacturers in different parts of the country, with whom Mr. Graham has carried on an extended correspondence. The real value, therefore, of the equipment of this department to day is \$2,512. One thousand dollars more is needed to complete its equipment, and a choice investment also of \$2,000 is awaiting any able and willing friend who desires to give that amount as a permanent construction fund,—to be used only in the purchase of material and payment of labor for the building of apparatus, the proceeds from the sale of which would a little more than repay the cost both of the material and labor in their construction. By this means the fund, instead of being gradually exhausted, would gradually increase. By occupying off hours in such work, the future students in this department would not only obtain the most practical kind of training in industrial work, but also assist themselves financially during their stay at the School. Mr. Graham reports good work accomplished on the part of the students, both in their studies and practical training; and, in response to an expressed desire of a number of secretaries for a better insight into the work of the 'Associations' Educational Department, he has arranged for a Summer Conference, to be held at the same time as the Physical Department Conference, and immediately following the close of this School year.

Property Interests-The School's Grounds:-

It is a subject for thanksgiving and congratulation that during the past exceedingly trying financial year, good progress has been made in furthering the School's property interests.

During the year about seventeen acres of land, out of the thirty owned by the School in the neighborhood of Massasoit Lake and separated from the rest by the New England railroad, have been exchanged for an equal acreage on the other side of the railroad, and immediately adjoining the other thirteen acres. This exchange has compacted the School's grounds, extended their frontage on the lake, brought a bonus of \$3,000, and by it enabled the School to complete the payment for its grounds, and leave a balance of \$602.18 to the account of the land fund. The purchase of the grounds and their improvement, aside from the recent equipment of the athletic grounds, represent an expenditure of \$23,894.96, minus the balance on hand.

Gymnasium :-

The opening of the School's first building, its beautiful gymnasium, occurred on the 26th of October.

Of the four donors, two, namely Mr. Preston B. Keith and Mr. Rowland Hazard, favored us with their presence, and with some remarks on that most happy occasion.

The building was an occasion of rejoicing then and has continued to be ever since, having most admirably served its purpose in supplying to the Physical Department all the needed facilities for its work; and has proved invaluable also in furnishing temporary accommodations for the entire laboratory work of the educational department, as well as temporary recitation rooms and offices for other departments of the School.

We are under lasting obligations to the four friends who have honored themselves and blessed the cause in the bestowal of such a princely gift.

Dormitory Building Fund:-

So keenly was the need of a dormitory felt, that the trustees at their December meeting voted, in spite of the hard times and the possible danger to the current expense fund, to push forward the dormitory enterprise. Accordingly this was done, and by the first of this month \$20,000 in cash or in subscriptions payable by September 1 had been secured, and ground was broken for this all-important building, June 5. It is hoped that it will be completed and ready for occupancy by November 1.

The exact statement of the dormitory fund up to date is	s as follows :—
In hand towards construction,	\$11,316 16
In hand towards furnishing,	809 21
Making the total in hand, Subscriptions payable by September 1 towards	\$12,125 37
construction,	\$7,355 66
Towards furnishing,	423 00
Or a total of subscriptions payable by September, of	\$7,778 66

This, with \$93.42 of interest money, makes the whole amount on hand or payable by September 1, \$19,997.45.

Towards this the total amount given or raised by the alumni is \$9,428.71.

In addition to this, there is in the shape of subscriptions fairly reliable, but not payable until after September, \$4,716.63, making the amount eventually provided for, \$24,714.08, and leaving only about \$10,000 to be secured.

Current Expenses:-

The question of meeting the current expenses for the year has become a most serious one.

The statement of the School's situation will be most clearly understood by a comparison of last year's receipts with those of the current year.

Last year it was necessary to raise by subscription \$17,058.72. This year, because of unexpected shrinkage in income from rent and tuition, and an unexpectedly large interest account, it will be necessary to raise \$17,994.63, or \$935.91 more than last year.

Last year the income from rent amounted to \$998.27. This year it amounts to \$802.73, or \$195.54 less. Last year the income from tuition amounted to \$3,026.05; this year to \$2,229, or a decrease of \$797.05. Last year there was received from voluntary gifts at the time of the annual meeting, \$15,787.12; this year there has been received up to date only \$8,566.37, or a decrease of \$7,220.75. This shows a total falling off in income as compared with last year, on account of rent, tuition, and donations of \$8,213.34.

A careful and earnest effort has recently been made to enlist a widely extended co-operation on the part of many of the secretaries of our Associations, including the School's alumni and other friends, to provide this very large needed balance. It is impossible to say to day just what the results of the effort will be. It can not be said, however, that the outlook is very favorable, though the result may disappoint our fears.

On behalf of the Trustees, { CHAS. H. BARROWS, President. OLIVER C. MORSE, Cor. Secretary.

N. B. August 1, 1895, the actual shortage on income account for the past year is about \$6,821.

TREASURER'S REPORT

FOR YEAR 1894-95.

CURRENT EXPENSE ACCOUNT.

Dr.		
Balance from last year,	\$1,075 62	
Contributions,	10,738 18	
Tuition,	2,229 00	
Rent,	1,301 39	
Bills payable,	4,600 00	
Interest on deposits,	23 48	
		0 - 0 - 6 - 6 -
Cr.		\$ 19,967 67
Salaries,	\$12,515 82	
General expense,	3,981 50	
Secretarial expense,	417 46	
Physical expense,	1,438 99	
Industrial expense,	180 69	
Rent,	40 00	
Interest,	334 08	
		-99
		18,908 54
Balance carried to new year,		\$1,059 13
**		
INDUSTRIAL EQUIPMENT FUND		
Contribution,	\$1,000 00	
Disbursements,	1,000 00	
LAND FUND.		
Dr.		
Balance from last year,	\$538 77	
Contributions,	1,053 94	
Interest on deposits,	11 46	
		\$1,604 17
Cr.		,,
Expenditures on grounds,	\$990 53	
Expenditures on grand stand,	472 72	
		1,463 25
Balance carried to new year,		\$140 92
Dormitory Fund.		
Dr.		
Balance from last year,	\$3,897 67	
Contributions, miscellaneous,	7,608 69	
Y		

41 25

Interests on deposits,

Contributions, "Alumni," Contributions, "Jubilee Class," with interest, \$518.75 Less Jubilee photograph, 60.00		
	- 458 78	
Contributions, "Class of '95,"	500 00	
Contributions, "Class of '96,"	500 00	
		\$14,006 39
Cr,		***************************************
Contractors, account building contract,	\$2,217 65	
Loan to gymnasium fund,	3,900 00	
Sundry expenses,	194 22	
		6,311 87
Balance carried to new year,		\$7,694 52
Gymnasium Fund.		
· Dr.		
Balance from last year,	\$31 97	
Contributions,	9,500 00	
Tablet (special),	181 co	
Bills payable,	9,900 00	
Interest on deposits,	14 26	
		\$19,627 23
Cr.		£19,02/ 23
Contractors,	\$13,951 00	
Heating,	1,021 00	
Architect,	250 00	
Grading,	. 274 62	
Tablet (special),	181 00	
Apparatus, furnishings, and miscellaneous,	1,143 26	
Interest,	483 81	
		17,304 69
Balance carried to new year,		\$2,322 54
STUDENTS' LOAN FUND.		
Dr.		
Balance from last year,	\$111 17	
Loan returned with interest,	89 78	
Interest on deposits,	2 54	
		\$255
Cr.		\$203 49
Loan to students,	\$125 00	125 00
		3
		\$78 49
		₽ /0 49 .



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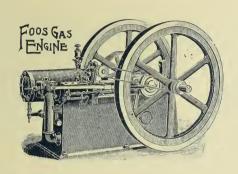
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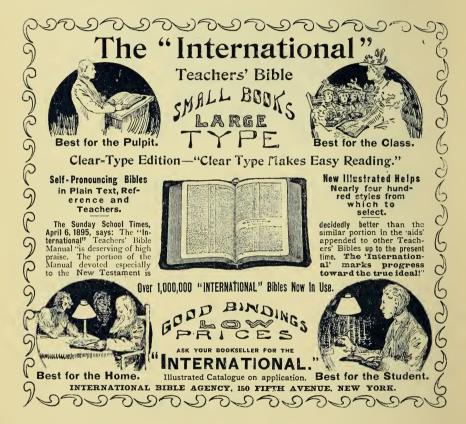
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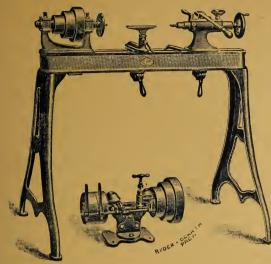
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Sp841H 1893/94



International Young Men's Ghristian Association Training School,

Springfield, Mass., U.S. A.

Ninth Catalogue. 1893-4.

VAR SIBRARY OF THE

UNIVERSITY OF ITEMOS

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1893-4.

NINTH CATALOGUE

OF THE

International Young Men's Christian Association Training School,



SPRINGFIELD, MASSACHUSETTS.

With Prospectus for 1894-5.

JUNE, 1894.

SPRINGFIELD, MASS.:
LORING & AXTELL, PRINTERS.
1894.

The Design of the School.

To train young men for the work of Secretaries, Physical Directors, Educational Directors, or other officers of Young Men's Christian Associations.*

^{*} In view of the intimate relation held and the dominant influence exercised by the Young Men's Christian Associations over the religious life of the students in most of our colleges, quite a number of the graduates of the School's physical department have been led to take up the work of the Christian Physical Director in one and another of the colleges in which these Associations exist, and have found excellent opportunity to use the special training furnished by the School for Association Physical Directors. In view of this fact the School is prepared to train Christian young men of proper qualifications, desirous of fitting themselves for the work of the College Physical Director or Instructor, whether they be employed by the college corporation or by the Christian students' organization within the college.

Calendar.

Commencement Exercises and Annual Meeting of the Corporation and Board of Trustees, Wednesday, June 20, 1894.

Quarterly Meetings of the Trustees on the third Wednesdays of March, September and December.

Regular Meeting of the Instructors every Wednesday.

Summer Conference on Physical Work August 31 to September 5, inclusive.

Tenth Regular School Year, 1894-5.

FALL TERM { Begins Wednesday afternoon, September 12, 1894. Ends Wednesday evening, December 19, 1894.

Winter Vacation.

WINTER TERM { Begins Wednesday morning, January 2, 1895. Ends Friday evening, March 22, 1895.

Spring Vacation.

Spring Term Begins Tuesday morning, April 2, 1895.

Commencement Exercises, Wednesday evening, June 19, 1895.

Correspondence Courses.

Students may engage in the Correspondence Courses at any time.

The Calendar is subject to change.

Corporation.

(As constituted in the summer of 1893.)

The names of the Trustees are italicized.

```
Australia, N. S. W., Sydney, David Walker.
Vict., Melbourne, H. A. Wilcox.
                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              Mass., Springfield, Oliver C. Morse.

" Rev. David Allen Reed.
" C. H. Southworth.
" Worcester, William Woodward.
Mich., Detroit, H. G. Van Tuyl.
Minn., Minneapolis, C. E. Dyer.
" John H. Elliott.
" St. Paul, Thomas Cochran.
Mo., Kansas City, Witten McDonald.
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" Yutan, Robert Weidensall.
N. H., Concord, Allen Folger.
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India, Bombay, Robert McCann.
"Madras, W. Reirson Arbuthnot.
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Japan, Tokyo, John T. Swift.
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Ala., Birmingham, Joseph Hardie. Cal., San Francisco, H. J. McCoy. Colo., Denver, Alfred W. Chamberlin. " "Donald Fletcher. Conn., Bridgeport, W. E. Colley.
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"Elkanah Drake.
"New Brunswick, Frank L. Janeway.
"Orange, D. F. More.
"Plainfield, W. D. Murray.
"Summit, Charles B. Grant.
N. Y., Addison, Burton G. Winton.
"Brooklyn, F. B. Schenck.
"Buffalo, S. M. Clement.
"John B. Squire.
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"C. C. Cuyler.
"George A. Hall.
"R. R. McBurney.
"Kichard C. Morse.
"J. Gardner Smith, M.D.
"Erskine Uhl.
"A. J. D. Wedemeyer.
L. D. Wishard.
"Troy, L. E. Gurley.
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"Rev. Wallace McMullen.
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"Columbia, A. T. Smythe.
Tenn., Chattanooga, J. B. Milligan.
"Knoxville, James H. Cowan.
"Nashville, James H. Cowan.
"Nashulle, James 
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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   N. J., Newark, Aaron Carter, Jr. "Elkanah Drake.
  Colo., Denver, Alfred W. Chamberlin

" Donald Fletcher.
Conn., Bridgeport, W. E. Colley.
" J. W. Cook.
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" Stamford, C. L. Reid.
Ga., Atlanta, W. Woods White.
Ill., Chicago, I. E. Brown.
Ind., Richmond, Albert G. Shepard.
" Indianapolis T. A. Hidreth.
Ia., Des Moines, W. A. Magee.
" E. D. Sampson.
Kan., Topeka, R. B. Gemmell.
Ky., Louisville, J. L. Wheat.
Md., Baltimore, W. H. Morriss.
Mass., Amherst, Merrill E. Gates.
" Boston, R. M. Armstrong.
" James L. Gordon.
" Charles A. Hopkins.
" James L. Gordon.
" Campello, Preston B. Keith.
" Fitchburg, Frederick Fosdick.
Lynn, T. E. McDonald.
" Manthester, Russell Sturgis.
" Naturcket. E. A. Lawreng.
                                                                                     Manchester, Russell Sturgis.
Nantucket, E. A. Lawrence
Springfield, Dr. W. F. Andrews.
"Charles H. Barrows."
                                    "
                                                                                                                                                                                                    Charles H. Barrows.
H. H. Bowman.
J. T. Bowne.
George D. Chamberlain.
E. Porter Dyer.
Luther Gulick, M.D.
Charles Jacobus.
Henry S. Lee.
John McFethries.
Arthur G. Merriam.
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Officers, 1893-4.

President.

CHAS. H. BARROWS, Springfield, Mass.

Vice-President.

PRESTON B. KEITH, CAMPELLO, MASS.

Treasurer.

GEO. D. CHAMBERLAIN, SPRINGFIELD, MASS.

Recording Secretary.

F. W. MEYER, SPRINGFIELD, MASS.

Corresponding Secretary.

OLIVER C. MORSE, Springfield, Mass.

Assistant Secretary.

GEO. D. BAKER, SPRINGFIELD, MASS.

Executive Committee.

R. C. Morse. Erskine Uhl. Dr. W. F. Andrews. H. H. Bowman.

With the President, Treasurer, and Corresponding Secretary ex officio.

Committee on Instruction.

HENRY S. LEE. E. PORTER DYER. CHAS. JACOBUS. GEO. D. CHAMBERLAIN.

With the President ex officio.

Finance and Building Committee.

JNO. McFethries. Chas. A. Hopkins. H. H. Bowman. Erskine Uhl.. J. T. Bowne.

LUTHER GULICK.

With the President and Corresponding Secretary ex officio.

Auditor.

H. H. BOWMAN.

Students, 1893-4.

Secretarial Department.

Seniors.

Austin, Burton Cyrus,
Bunting, Albert Edward,
Davey, Joseph John,
Horner, Rudolf,
King, Elisha Alonzo,
Lantz, Christian,
McCleery, William James,
Ritchie, Mark,
Rogers, Dwight Leete,
Sibley, Frank Leroy,
Triplett, Edward Mason,
Worth, Elbridge Morseman,

Juniors.

AUSTIN, LEWIS SEYBOLT, Bell, Arthur Ferguson, CHASE, ALBERT BURLEIGH, COBLEIGH, IRVING VASA, Cotton, ARTHUR NORMAN, CROWE, ROBERT OSCAR, DUDLEY, JOSEPH MATTHEWS, FREER, HARVEY WASHINGTON, LOHANS, HERMAN HENRY, McGown, CHESTER STOWE, MARTIN, CHARLES ALVIN, MAYLOTT, WORTHY FRANCIS, MERRILL, FRANK HERBERT, Mogge, Ernest Louis, MOYER, ELKANAH DEWILLA, PAGE, JOHN, ROGERS, JOSIAH WINSLOW, JR., New York City.
Ellenville, N. Y.
New York City.
Basel, Switzerland.
Attleboro, Mass.
Philadelphia, Pa.
Spencerport, N. Y.
Waltham, Mass.
New Britain, Conn.
Springfield, Mass.
Burlington, Iowa.
New Bedford, Mass.

Paterson, N. J. Montreal, Can. Chelsea, Mass. Washington, D. C. Cambridge, Mass. Truro, Nova Scotia. Clifton Forge, Va. Poughkeepsie, N. Y. Buffalo, N. Y. Lynn, Mass. Orange, Mass. Thompsonville, Conn. Nashua, N. H. Buffalo, N. Y. Robesonia, Pa. Palmer, Mass. Beverly, Mass.

Physical Department.

Seniors.

BADGER, JOHN EDMUND, BLACK, JOTHAM FRETHEY. Brown, ARTHUR WHITE, CAREY, CHARLES HENRY, DIETZ, JR., HENRY LOUIS, FOSTER, IR., FESTUS HARVEY, GABLER, GEORGE LEWIS, HOLMAN, FRANK, KINNICUTT, WILLIAM HENRY, LUTZ, JOHN WILLIAM, MARTIN, RUFUS JONATHAN, McKee, WILLIAM EARL, MORGAN, WILLIAM GEORGE, PAGE, PIERSON STERLING, Ross, Maurice, THEIS, EMILE CHARLES, WALL, CHARLES FITZGERALD BUTLER, WELZMILLER, JR., LOUIS,

Hanover, N. H. Springfield, Mass. Yarmouth, N. S. Williamsport, Pa. Oakland, Cal. Springfield, Mass. Oneida, N. Y. London, Ont. New Bedford, Mass. Beaver Falls, Pa. Port Hastings, N. S. Plainville, Conn. Lockport, N. Y. Williamsport, Pa. Cape Breton, N. S. Paris, France. Holy Cross, Ireland. New York City.

Special Students.

OTTO, HENRY LADD, POLLARD, DAVID WRIGHT, SPENCE, DONALD MCKAY, WEBB, ALBERT ELMER, Williamsport, Pa. Pawtucket, R. I. Yarmouth, N. S. Providence, R. I.

Juniors.

ALLEN, WINFRED EMERY,
BARTLETT, REUEL EARNEST,
DENMAN, WILLIAM V.,
DURAND, WILLIAM BALCH,
*GREENWALD, JAMES ANDREW,
KILLAM, FRANK,
MCINTIRE, HENRY JEROME,
OLLER, LAWRENCE SHANNON,
RUGGLES, EDWIN PAKENHAM,
RUSSELL, WALTER BURTON,

Indianapolis, Ind.
New Rochelle, N. Y.
Hasbrouck, N. Y.
Malden, Mass.
Grand Rapids, Mich.
Yarmouth, N. S.
Springfield, Mass.
Allegheny, Pa.
Milton, Mass.
Springfield, Mass.

^{*} Studied only part of the year.

Correspondence Students, 1893-4.

Secretarial Department.

BENTON, ARTHUR L., Gen. Sec. R. R. Branch, Collinwood, Ohio. CHATTERSON J. HENRY, Dowling, John S., Downs, Frederick Corson, Assistant Sec., New Haven, Conn. FAGAN, J. EDWARD, General Secretary, HASTINGS, CLARENCE E., Asstant Secretary, Newark, N. J. JESSUP, SAM'L S., Assistant Secretary, MAINES, WILLIAM H., Assistant Secretary, Paterson, N. J. Megginson, W. S., Assistant Secretary, MORRISON, F. S., General Secretary, PAYSON, EDW'D J., General Secretary, POND, BERT CHAUNCEY, Assistant Secretary, Bangor, Me.

Eau Claire, Wis. Ticonderoga, N. Y. Lansingburgh, N. Y. 23d St., N. Y. City. Atlanta, Ga. Clifton Springs, N. Y. Chatham, N. B.

Physical Department.

Benson, A. C., CLOSE, GEO. H., Davis, A. B., GRAHAM, JAMES, Acting Physical Director, GUILFORD, E. W., Physical Director, MARTIN, G. M., Physical Director, ROBERTSON, A., Asst. Sec. and Phys. Dir., RUDOLPH, WALTER, SAUERBREY, H. S., TAYLOR, SAMUEL S., THORNBERRY, R. W., WILDER, E. W., Physical Director, Wolf, A. F., Physical Director,

Worcester, Mass. Ottawa, Ont. Fitchburg, Mass. Cleveland, O. McKeesport, Pa. Youngstown, O. Zanesville, O. Philadelphia, Pa. Owatonna, Minn. Bellefonte, Pa. Salem, O. Worcester, Mass. Wilkesbarre, Pa.

Instructors.

General Course.

OLIVER C. MORSE, 219 Florida Street, Authorship of the Bible and Christian Evidences.

REV. T. H. HAWKS, D.D., 626 Worthington Street, Bible History, Exegesis, and Church History.

JAMES McCONAUGHY, Mt. Hermon, Mass., Studies in the Life of Christ.

JAMES NAISMITH, A.B., 92 Buckingham Street, Man, as an Individual.

REV. HANFORD M. BURR, 159 Princeton Street, Man, in his Relationships.

Secretarial Department.

J. T. BOWNE, Supt. of Dept., 35 Clarendon Street, Secretarial Department Course.

CHARLES F. POWLISON, 219 Florida Street, Methods of Christian Work, Department Correspondence Course.

F. W. MEYER, Gen. Sec., Y. M. C. A., 998 State Street, Applied Committee Work.

Physical Department.

LUTHER GULICK, M.D., 153 Westminster Street, Supt. of Dept. and Instructor.

F. N. SEERLEY, M.D., 10 Merrick Avenue, Anatomy, Physiology of Exercise, etc.

ALFRED T. HALSTED, M.D., Alden Street,
Literature of Physical Education, Department Correspondence Course.

*Educational Department.

D. H. GRAHAM, Supt. of Dept., Springfield, Mass., Industrial Education, Theory and Practice.

^{*}See "A New Department," page 10.

Course of Study.

The course of study outlined in the following pages is the one which will be taken by the class entering in 1894. The class graduating in 1895 will complete the course outlined in the catalogue of the year in which they entered.

As the result of much careful discussion, extensive changes have been made in the course of study to be followed in this school.

These changes are of such significance and importance that it is believed they mark a new era in the history of the school.

First in importance is the opening of a new department, the Educational Department, in which those who wish to prepare for the supervision of the educational work of an Association will receive the special instruction necessary to fit them for such intelligent supervision.

Cf the lines of educational work carried on by the Associations of America, none are more important than those which aid young men in solving the problem of self-support.

Commercial and Industrial Classes.

The commercial and the industrial classes seem to offer the greatest opportunity in these directions. The General Secretary who is intelligently to supervise such classes must as far as possible be acquainted with the subjects themselves and how they can best be taught in the Association. It is one aim of this new department of the school to give all taking the secretarial course such knowledge.

Training for Supervision of Industrial Class Work.

The Associations in the medium-sized and smaller towns will scarcely be able to secure the time of desirable men to give the kind of attention to this department that is warranted by its importance. In such places, the Secretary himself

ranted by its importance. In such places the Secretary himself should be competent to plan and to an extent to carry on such work. This is merely the extension to the Educational Department of the policy which already obtains in the Physical Department.

The general plan of the course of instruction is that students preparing to be General Secretaries take a complete and general view of the whole field. Those preparing for the Physical and Educational Departments take a less thorough view of the whole, but a far more thorough study of their special departments.

Outline of the Course.

THE BIBLE: [See page 12; taken by all students.]

> A general study of the Bible; what it is, its authority, what it contains, and how to use it.

MAN: [See page 14; taken by all students.]

A general study of the physical, mental and moral natures and relationships of man, including Physiology, Physiology of Exercise, Hygiene, Personal Purity, First Aid to the Injured, Massage, Gymnastic Therapeutics, Anthropometry, Physical Measurements and Examination, Prescription of Exercise, Physiological Psychology, Ethics, Sociology, Pedagogy, etc.

For those in the Physical Department special amplification is made of such studies as Physiology of Exercise, Physical Examination, Anthropometry, Gymnastic Therapeutics, Prescription of Exercise, etc.

ASSOCIATION WORK:

An outline of this course as studied by the Secretarial and Educational Department students is given on pages 20-24. The Physical Department students cover the same outline, but with less general detail, giving special attention to the organization and conduct of the Physical Department of the Association.

EDUCATIONAL WORK.

GENERAL AND INDUSTRIAL: [See page 27; taken by students in Secretarial and Educational Departments.]

This most important and significant addition to the work of the school includes Chemistry, Physics, Mathematics, Drawing and practical instruction in work in wood, iron, etc., to fit men for intelligent supervision of the industrial work which in the Association is to be a great avenue of work among the artisan classes of young men.

PRACTICE: [See page 31.]

Under this head are included athletics, gymnastics and shop work, varied in time according to the needs of the different departments; also committee work in the local Associations.

Outline of Bible Study.

Authorship of the Bible.

This course is, in its nature, introductory to the study of the Bible, and will deal with the question of the authority of the Bible in the light of both its human and divine authorship. Such a course should be helpful in determining the spirit, and to some extent, the manner of approach to the intelligent study of the Bible.

First will be considered the human authorship of the Scriptures, involving their genuineness and authenticity from an historical stand-

point. The included topics will be:

1. Method of determining the canon of Scripture;

2. A glance into the literary sources of the Scriptures,—Mss. and versions;

3. The formation of the Old Testament canon;

4. The origin and character of the Old Testament apocrypha;

5. Testimony of Sacred and profane writers to the Old Testament Scriptures as the word of God;

6. Why a New Testament canon?

7. Testimony of the fathers of the first three centuries to the canonicity of the New Testament books.

Second, will be considered the divine authorship of the Bible,

or inspiration, including the following topics:

r. Differences between inspiration, revelation and spiritual illumination;

2. Inspiration viewed in the light of its effect;

. Historical view of it;

4. Theories concerning its nature and extent;5. Scripture teaching, and the value of it;

5. Proofs of the Scripture teaching.

This course will be given in the form of lectures, with the aid of the blackboard and a specially prepared syllabus, or series of outlines, for each student.

Evidences of Christianity.

The object of this course is to show the reasonableness of Christianity or the religion of the Bible, and its claims for acceptance, that the student may the more clearly apprehend the grounds of his own faith in the religion of Jesus Christ, and that he may be the better prepared to present them to others so as to confirm their faith, or meet their doubts and answer their objections.

After a general discussion of the nature of evidence, the questions of the theist versus the atheist and pantheist; of the believer in a supernatural revelation, versus the deist and rationalist, and of the Christian religion versus the leading religions of heathendom, will be briefly presented, leading up to a consideration of the direct and positive grounds, both miraculous and moral, of Christian faith.

This course, like that on Bible Authorship, will be given in

lecture form, with the aid of blackboard and syllabus.

Biblical History.

Is pursued under the ruling idea that the Bible sets forth the gradual unfolding of the purpose and plan of God for the salvation of men. A logical division of the history into periods, a careful study of its turning points and of the influence of lawgiver and prophet, with a constant reference to the relations of the chosen people to other nations, enables the student to see how the way was prepared for the coming of the predestined Saviour.

Outline Studies in the Life of Christ.

These studies will present, in their probable order, the leading events in our Lord's ministry, as a framework for further study of its details. His words and His works, the great discourses and most notable "signs," will be studied in their relation to His mission, and with special application to the young men of to-day. To guide the student in fruitful methods of studying the Gospels for himself and teaching them to others will be the leading purpose in this work. As an aid to its accomplishment, printed outlines will be furnished with questions for individual study and references to useful helps.

"Christ Among Men."

The revised course for Workers' Training Classes, recently

published by the International Committee.

This course takes up the interviews of Christ with individuals, following the same order which has already been observed in the "Outlines." It aims, by the study of Christ's own spirit, methods and doctrine, to make intelligent and efficient personal workers. Students will be encouraged to report, either privately or in class, any obstacles encountered in their own attempts to do personal work, and will receive such counsel and help as the teacher can give.

Apostolic and Church History.

Following the study of the life of Christ, will show the founding and development of the kingdom of God under the reign of the glorified Christ.

Exegesis.

In Exegesis the principles of interpretation are inculcated, and so far as the limited time given to the study will permit, the student is made familiar with right methods of exposition.

Study of the Books of the Bible.

To show the place and value of each of these books in the progress of revelation, that the student may be able to use them intelligently in their proper relation.

Fundamental Truths.

Outline of the fundamental truths of the Bible which are held in common by the evangelical churches.

Study of Man.

Object.

The object of this course is to give each man a knowledge and appreciation of his own constitution and powers, physical, intellectual, and spiritual, leading up to the study of his relations to himself, to his fellow men, and to his God; that he may develop himself, and that he may be able intelligently to deal with others, helping them to perfect themselves. It is taken by all the students.

The Studies.

The course includes the following studies in outline:

PHYSICS:

The laws that govern gases will be studied, that the whole theory of respiration may be thoroughly understood; the laws governing liquids, to give a clear comprehension of the physiology of digestion and circulation. The study of solids will be from the standpoint of mechanics; this will give a basis for a thorough study of the different gymastic and athletic events, from both the hygienic and economic standpoints.

This study will conclude with a view of the *laws of the universe as a whole*, leading the student to recognize God in all things.

CHEMISTRY:

The chemistry of the constituent elements of the body will be taken up, with especial reference to the foods that ought to be used, particularly in "training," and in making the weak strong; a brief view of the process of crystallization will also be taken.

BIOLOGY:

The next step is a view of the principles of biology, bringing in enough of botany and zoölogy to show man's place in the organized world, and his relation to the other creatures.

ANATOMY:

The structure of man will be treated of in such a way as to give a working knowledge of the bones as levers, the muscles as powers, and the nerves which furnish the stimulus to action.

PHYSICAL MEASUREMENTS:

A study of the different measurements of the body and how to take them, giving a basis for the teaching of athletics from a mechanical standpoint, for prescription of exercise, the principles of which will also be taught, and furnishing data for anthropometric charts.

PHYSIOLOGY:

This study will include the arrangement of the vital organs with a careful study of their functions, and the causes which affect their operations. Muscular action will receive special attention, emphasis being laid upon the relation of exercise to the different functions of the body. The nervous system will also be carefully treated.

HYGIENE:

Considered in connection with physiology, and consisting of a study of the best methods of preserving the body in a healthy condition.

PERSONAL PURITY:

This subject will be carefully treated from the physiological, psychological, and ethical standpoints.

TRAINING:

A discussion of the best ways of making the most of the active powers, with consideration of the different systems in vogue.

FIRST AID TO THE INJURED:

A course fitting the men to care for injured persons till medical assistance arrives.

PSYCHOLOGY:

This subject comprises a study of the brain and its functions, of sensation, perception, the stream of thought, association of ideas, habit, memory, imagination, reasoning, production of movement (considered from the psychological point of view), the natural and moral affections, the will, the religious feelings, worship, etc.

Following this study of man as an individual comes the study of man in his relationships, including Ethics, Sociology and Pedagogy.

Ethics.

Covering the duties of man as a free moral agent.

Text-book: Dr. Mark Hopkins' Law of Love and Love as a Law.

Sociology.*

"That Gospel, which in its highest unity is Love, is divided into two parts: the first is Theology, which is an elaboration of the first part of Christ's epitome of the Law, 'Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength;' the second is Sociology—the science of society—which is an elaboration of the second part of the epitome of the Law, 'Thou shalt love thy neighbor as thyself.'"—Richard T. Ely.

OBJECT: The object of the course is twofold:

- (1) To acquaint the Association Worker with the nature and extent of the social problems of the age, especially such problems as will most concern him in his special field of work.
- (2) To suggest the nature and use of those principles and forces which may be brought to the solution of these problems.
- THE NEED: The Department of Practical Christian Sociology is the outcome of a necessity and an opportunity. The necessity is found in the fact that scientific diagnosis must precede successful medication and treatment in the healing of the moral and spiritual man, as well as in the healing of the physical man. The opportunity is found in the absorbing interest in social questions which characterizes the age, and in the readiness of the helpful forces of society to be called forth to active service. We feel that the opportunity imposes an obligation.

Hence the Department of Practical Christian Sociology, in which the student will have the opportunity of studying the social problems of the day from a practical Christian, and, at the same time, *scientific* standpoint.

METHOD OF INSTRUCTION:

Instruction will be given by lectures, carefully prepared courses of reading and class debates, to some of which the entire school will be invited.

^{*}The outline of this course is given at considerable length, inasmuch as the subject is a new one both to the school and to the public.

General Outline of Study .- Senior Year.

First and Second Terms.

INTRODUCTORY: General view.

Christian Sociology as a science; its scope and relation to kindred sciences.

The relation of the Christian church to social science and social problems.

The relation of the Young Men's Christian Association to the

Some Present-Day Problems of Sociology.

A. THE WAGE EARNER:

- I. The wage-earner in his relation to the employer and capitalist. The actual and ideal relation contrasted. The theory and practice of wages, hours of labor and strikes and lockouts.
 - r. Source of Wages: Wage fund theory.

 Product theory.

 Henry George's theory.

 George Gunton's theory.

Relation of wages to strikes.

- 2. Hours of Labor: The length of the ideal working day with reference to different kinds of business; its bearing on health, happiness, morality, and the progress of Christianity. The economic value of shorter hours.
- 3. Strikes and Lockouts: Causes and consequences. Their relation to business, good government and social order. The Homestead strike studied from the ethical and moral standpoint.
- II. The wage-earner in his relation to his fellows. Trades Unions, Labor Leagues and Guilds; their principles, methods, failures, successes, and possibilities. History of Labor Movement.
- III. The wage-earner in his relation to the Christian Church and Christian Institutions.

Study of the situation and the causes. Investigations in Massachusetts in 1892.

IV. The true source of hope for the wage-earner.

A laborer's view, an employer's, an economist's, a Christian's.

Subjects for discussion:

- 1. The Sabbath in relation to the interests of capital and labor. Ethical value of rest. History of Sunday labor in Europe. A warning.
- 2. Why are the workingmen, as a class, not in our churches?
- 3. Why does the Young Men's Christian Association, at present, appeal more to the commercial than to the industrial class? Study of efforts and experiments in that direction.

B. THE POOR AND CRIMINAL CLASSES:

I. The Situation: Pauper and penal statistics. The relation of poor wages to pauperism and crime. The causes of poverty: Ignorance, incapacity, improvidence, injustice, intemperance, misfortune, and wickedness.

Special study of the Temperance Question and Tenements and Tenement House Reform.

Subject for class discussion:

Which is the more effective, drunkenness as a cause of poverty, or, poverty as a cause of drunkenness?

- II. Rescue and Redemptive Work: Methods, agencies, institutions; City missions; Philanthropic institutions—religious and secular; Charitable orders and brotherhoods; the Salvation Army; Manual and Technical training schools; Reformatories and prisons.
- III. The function of government in relation to the laboring, the dependent and destructive classes. Theories: Individualism, Paternalism, Socialism.
- IV. The relation of Christianity to these classes.
 - 1. Scientific diagnosis—careful study of the needs.
 - 2. The application of the fundamental principles of Christianity, "Love to God and love to man." Christian versus heathen economics.
 - 3. Biblical Sociology.
- V. The relation of the Young Men's Christian Association to these classes and their problems.
 - r. The young man a problem himself: His needs, temptations, and possibilities.
 - 2. The young man faces these problems in their aggravated form.
 - 3. The young man stands for the force which, wisely directed, will, under the Providence of God, help to solve these problems.

Pedagogy.

This course is new this year. A somewhat detailed outline is therefore given.

The Young Men's Christian Association is an educator of the young men whom it reaches. The aim of education is development. Development of men is the constant aim of the Association. In order that it may secure this it is doing more and more teaching. It is giving practical training for life and work to thousands of young men who are cut off from school or college. Some of our leading associations have men enough in their educational classes to match our universities. Few progressive Associations are without special educational work of some kind.

THE GENERAL SECRETARY, as the leader of the Association, must have most of the teacher's work, and so, much of the teacher's training. He will not always be a teacher of classes to a large extent, but he must be able to wisely plan and develop the educational work.

THE PHYSICAL DIRECTOR, in his special field, will be largely occupied with teaching. His every day work will be the teaching of classes. He, in a peculiar way, must have the teacher's instinct and the teacher's art.

THE EDUCATIONAL DIRECTOR, when he comes (and he is coming), will need to be an educator of a high order to wisely direct the complex educational work which is rapidly developing in the Association.

The course in Pedagogy has been shaped so as to give the student some of the fundamentals of the art and science of teaching.

The following will indicate the general scope of the course which will be pursued by lecture, text book and selected readings.

- I. The aim of Education.
- II. The development of modern educational methods.
- III. The psychology of teaching.
- IV. The scope of the educational work of the Association.
- V. The arrangement of courses of study and the forming of classes.
 - VI. The selection of teachers.
 - VII. The choice and use of text-books.
 - VIII. The educational use of books and current literature.
- IX. The Bible class. Using "Teachers and Teaching," by H. C. Trumbull, as a book of reference.

Association Work.

Instructors, J. T. BOWNE AND DR. F. N. SEERLEY.

This course is taken by all students, but in different classes, the Secretarial and Educational Department students taking it under Mr. Bowne, and the Physical Department students under Dr. Seerley. Each class covers the same general outline, but the Physical Department students spend a larger portion of time on the Physical Department section, and a less amount on the rest, than do the students in the other departments.

Outline.

FIRST DIVISION — THE FIELD, OBJECTS, AND HISTORY.

- 1. The Field and Its Limits:
 - (A) The Work—why needed;
 (B) A Definite Work—for and by young men;
 (C) The Aim Distinctively Religious;
 (D) Relation to the Church;
 (E) Relation to Other Religious Societies.
- 2. Summary of the Objects and Work:
 - (A) The Means Employed in Cities; (B) The Means Employed in Small Towns.
- 3. The Rise and Growth of the Associations:
 - (A) Origin of the Present Movement; (B) Earlier Work for Young Men; (C) Introduction into America and Work Prior to the Civil War; (D) Army Work; (E) Resumption of Home Work; (F) Development of the Work; (G) Loyalty to the Church.

SECOND DIVISION - THE ORGANIZATION AND ITS HOME.

- 4. Organization:
 - (A) When and How to Organize; (B) Practical Hints.
- 5. The Constitution:
 - (A) General Considerations; (B) A Suggestive Outline.
- 6. Branches and Sub-Organizations.
- 7. The Management:
 - (A) The Directors; (B) The Officers.

- 8. Standing Committees:
 - (A) Importance, Enlistment and Composition; (B) How to Organize, the Chairman, etc.; (C) Principles and Methods of Construction; (D) Names and Duties.
- 9. Membership:
 - (A) Classes of Membership;
 (B) How to Secure Members;
 (C) The Membership Committee;
 (D) How to Retain Members;
 (E) Fees, Tickets, Records and Exchange;
 (F) The Development of Active Members;
 (G) The Associate Membership and its Relations;
 (H) The Members' Meeting, or Reception.
- 10. The General Secretary:
 - (A) The Office and Work; (B) The Qualifications.
- 11. The General Secretary His Relationships:
 - (A) To Churches and Pastors; (B) To Officers, Directors and Committees; (C) To Other Employes; (D) To the Members; (E) To the Religious Work; (F) To the Business Community; (G) To his Fellow Secretaries.
- 12. The General Secretary Personal Hints.
 - (1) Accepting a Call, (2) Beginning Work, (3) Correspondence, (4) Prominent Visitors, (5) System, (6) Memorandum Books, (7) Statistics, (8) Human Nature, (9) Dress, (10) Conversation, (11) Economy, (12) The Other Sex, (13) Health, (14) Growth, (15,) Spiritual Life.
- 13. Securing and Training Employed Officers:
 - (A) Demand and Supply; (B) Methods of Training.
- 14. The Association Home:
 - (A) Advantages of Owning a Building; (B) Location; (C) Arrangement and Construction; (D) Equipment.
- 15. The Care of the Home:
 - (A) General Principles; (B) Repairs and Safety; (C) Order and Cleanliness.
- 16. How to Get a Building:
 - (A) Preparatory Work; (B) Plan of a Canvass; (C) Hints and Cautions.
 - 17. The Building Movement:

 Its Beginning and Growth.

THIRD DIVISION - METHODS OF WORK.*

- 18. Current Finances:
 - (A) Ways and Means—(1) annual budget, (2) income, (3) solicitation; (B) Collections and Disbursements; (C) Financial Book-keeping.
- 19. Real Estate and Endowment Funds:
 - (A) Incorporation; (B) Trustees; (C) Endowment; (D) Debt, Taxes, Insurance, and Leases.
- 20. Records and Public Presentation of the Work:
 - (A) Records and Statistics;
 (B) Anniversaries;
 (C) The Parlor Conference;
 (D) Printed Matter—(1) the bulletin
 (2) annual reports, etc.
- 21. The Bible in Association Work: †
 - (A) Individual Study—objects, methods and helps; (B) Class Study—(1) a Bible class indispensable, (2) relation of the general secretary, (3) divisions, beginners, advanced and training classes, (4) time, place, and appliances, (5) the teacher, (6) the class, (7) the topics, (8) preparing the lesson, (9) teaching the lesson, etc.; (C) Practical Work with the Unconverted—(1) personal work, (2) the evangelistic Bible class, (3) the Bible in the evangelistic meeting; (D) Bible readings.
- 22. Religious Meetings, etc.: ‡
 - (A) The Young Men's Meeting; (B) Other Meetings at the Rooms; (C) Religious Work Outside the Rooms—(1) in boarding houses, (2) work in public institutions, (3) sermons to young men, (4) distribution of religious reading matter, (5) the invitation committee.
- 23. The Place and Value of the Secular Agencies.
- 24. The Educational Department as a Department of Association Work:

 In previous years Mr. Bowne has given instruction upon this subject, but with the opening of the new Educational Department of the School, it will be much more fully covered, especially along industrial lines. For full outline see page 27.
- 25. The Physical Department as a Department of Association Work:
 - (A) Aim of the Department—(1) health, (2) education, (3) recreation; (B) Conditions under which a Physical Department should be started; (C) Scientific Equipment and Methods—(1) examinations, (2) statistics, (3) prescription of exercise; (D) Practical Equipment and Methods—(1)

^{*} Methods of Work are fully illustrated by approved record blanks and printed matter, and wherever possible, practice will be required.

[†] This is in addition to the study of the Bible in the General Course.

[†] Methods of work in the Religious Department are taught practically throughout the entire course.

location and arrangement of gymnasium, (2) bath and dressing rooms, (3) outfit of gymnasium, (4) methods of gymnastic work, (5) out-door work; (E) The Religious Work; (F) The Physical Director; (G) The Department Committee.

26. The Social Department:

(A) The Reception Committee; (B) The Social Rooms; (C) Social Entertainments.

27. Information and Relief:

(A) Boarding Houses;(B) The Employment Bureau;(C) Savings Bureau and Benefit Fund;(D) Visiting the Sick;(E) Destitute Young Men.

28. Work for Boys:

(A) History; (B) Necessity, Aim and Benefits; (C) Organization; (D) Different Classes; (E) Methods and Agencies—
(1) religious, (2) educational, (3) physical, (4) social.

29. Work for Special Classes:

(A) College Students—history, methods, outgrowths; (B) Railroad Men—(1) history, (2) aims and benefits, (3) organization and finance, (4) rooms and methods; (C) Commercial Travelers—the field, work and agencies; (D) Other Nationalities—(1) the field, (2) the German work, (3) the Colored work, etc.; (E) Miscellaneous Classes—(1) soldiers and sailors, (2) deaf mutes, (3) lumbermen, (4) firemen, policemen, street car employes, etc.

30. Women's Work for Young Men: Organization and Methods.

FOURTH DIVISION - GENERAL SUPERVISION AND EXTENSION.

31. State and Provincial Work:

(A) History; (B) The State Committee; (C) Finances; (D) The State Secretary; (E) The State Convention—(1) preparatory work by the state committee, the programme, the convention circular, (2) preparatory work by local association, (3) at the convention; (F) The District Work—(1) the committee, (2) conferences and visitation, (3) corresponding members; (G) The Relation of Local Associations to the General Work.

32. The American International Work:

(A) History and Organization; (B) The Field; (C) The Work—(1) supervision and extension, (2) correspondence, (3) publications, (4) securing and training employed officers,

(5) aid to building enterprises, (6) aid in securing funds, (7)

aid to state and other conventions, (8) help in disaster, (9) secretaries of the committee, (10) international finances, (11) international conventions, (12) day and week of prayer.

33. The World's Alliance:

History, Organization and Work.

Text-Book: "Hand-book of the History, Organization and Methods of Work of Young Men's Christian Associations — Edition of 1892." This book was prepared primarily for the use of this school.

During the entire course the students will have access to the City Library of more than 80,000 volumes, to the School Library and to the Historical Library of the Young Men's Christian Associations; and will also be required to engage in special courses of reading in connection with the department work.

Department Practice.

The Associations of Springfield are consolidated on the metro-

politan plan.

The Juniors are *required* to become members of the *Armory Hill* Branch before October first; to do regular practical work on one or more of its standing committees; and to attend all stated meetings of the committees to which appointed.

The same is required of the Seniors in connection with the Central Branch, unless preparing especially for Railroad work, when they

will unite with the Railroad Branch.

All are given practice in preparing monthly reports of committees, minutes of meetings, items for newspapers and bulletins, printers' copy and proof reading; and are expected to attend each year at least two Association Conventions. The instructors decline to grant leave of absence to attend conventions other than those prescribed in the Department Course.

Students will be marked for practice as for any other work of

the course.

Special Lectures and Conferences-1893-94.

April 25, 1893. — W. D. MURRAY, President Y. M. C. A., Plainfield, N. J., and member of the International Committee. "The Field is the World."

May 1. — S. M. SAYFORD, College Evangelist. "The Promotion of Spiritual Power."

May 23. — R. M. Armstrong, State Secretary of Mass. "The Second Greatest Need — Good Business Management."

May 26. — ALEXANDER LAMB, Captain in Salvation Army. "Dangers in Soul Winning."

May 29.—S. A. TAGGART, Secretary International Committee. "Education as related to the Extension of the Young Men's Christian Association."

June 2.—George A. Hall, State Secretary of New York. "The Secretary as a Personal Worker."

Sept. 26. — Frank Willcock. "Student Work in the Slums of N. Y. City."

Oct. 17. — THOMAS ELGAR, of New York City. "Work among Prisoners."

Oct. 17.—L. D. WISHARD, Secretary International Committee. "Fundamental Principles of the Work of the International Committee in Foreign Mission Lands; and again, Nov. 21, "How the Local Secretary may co-operate with the International Committee in the Foreign Department of its Work."

Jan. 9, 1894. — Edward A. Hill, of the Springfield Republican. "The Association and the Newspaper."

Jan. 29.—SUMNER F. DUDLEY, Assistant State Secretary of New York. "Organization and Re-organization of Boys' Work."

Feb. 12. — George B. Hodge, Secretary of International Committee. "Recent Developments in the Educational Department;" and again, Feb. 13, "The Relation of the Association to Industrial Class Work."

Feb. 14.—George B. Kilbon, Principal Springfield Manual Training School, and President of the Manual Training Teachers Association of America. "The Place of Manual Training in the Educational System of to-day;" Feb. 15, "Practical Illustrations of Manual Training in Wood and Iron Work at the Manual Training School."

Feb. 16. — Dr. D. E. Yarnell, General Secretary Young Men's Institute Branch, New York City. "Ways and Means of Reaching and Helping Mechanics."

Feb. 19. — C. E. WILDE, of New York City, for seventeen years manager and buyer for A. T. Stewart. "Men Wanted!"

Feb. 27. — Prof. Charles Jacobus, Principal Springfield High School. "Memory Helps."

March 6. — Rev. H. M. Burr, of Springfield. "Social Settlements."

March 10. — ELKANAH DRAKE, Chairman New Jersey State Committee of Young Men's Christian Associations. "What I know of the Essentials to Success."

March 20. — Rev. Dr. WILLIAM RICE, Librarian Springfield City Library. "How to use the Library."

March 22. — EDWIN D. INGERSOLL, of Denver, Col. "The Beginnings of Railroad Association Work."

April 16. — CLARENCE J. HICKS, Secretary International Committee. "Recent Developments in the Railroad Work."

The students of this department attended the following conferferences and conventions:—

October 19-22, 1893.— Massachusetts State Convention, at Fitchburg.

January 27, 1894.— Western Massachusetts Conference of Junior Departments, at Springfield.

February 6-8.— New England Secretaries' Conference, at Waterbury, Conn.

For Correspondence Course, see pages 36-38. For Text-Books and Prices, see page 39.

Educational Department.

OBJECT: Training for the general supervision of the educational work and the special duties of Educational Directors.

IDEAL: Training for life rather than for selfish culture.

THE NEED: An opportunity to combine industrial, mental, moral and spiritual education to peculiar advantage.

We recognize that the best results in this department can be secured only by actual contact with practical operations.

The work in this department comprises a knowledge of, and

training in the use of the following:

- 1. Reading Room.
- 2. Library.
- Literary Society.
 Lectures and Practical Talks.
- 5. Educational Classes. a. Commercial. b. Sociological. c. Industrial. d. Scientific. e. Language. f. Miscellaneous.
- I. READING ROOM: Equipment, supervision, papers and periodicals, how secured, technical and scientific material for special classes of men.
- LIBRARY: Growth of Association libraries, technical, reference and circulating departments, classification and cataloguing, records, librarian, arrangement, selecting and buying books, ways and means, judicious advertising.
- LITERARY SOCIETY, CONGRESS, Etc.: Value, organization and 3. supervision.
- LECTURES, PRACTICAL TALKS, ETc.: Their use and abuse. Home talent.

The course in this special department work will embrace in general the following:

- EDUCATIONAL CLASSES: Need and possibilities, equipment and rooms. Growth, committees, adaptation, thoroughness, instructors, examinations, etc.
 - (1.) Class room work in such subjects as in the judgment of the faculty may seem wise; as mathematics, book-keep-

ing, business law, stenography and type writing, political economy, drawing and applied design, physics, chemistry, power generators (special attention being given to applied electricity and all forms of laboratory work), English, French, German, Spanish and music.

- (2.) A special course in the history and philosophy of education and the history of educational work in the Association.
- (3.) Methods.
- (4.) Lectures, quizzes, conversations, etc.
- (5.) Extended courses in the Mechanical laboratory including the use of tools, work in wood and metal, the elementary principles of the trades and industries, etc.

As far as equipment and facilities will allow the following is a suggestive outline of one of the courses in the

Industrial Section.

Tentative Schedule.— First Year.

First Term. Physics, Mechanical Laboratory.
Second Term. Mathematics, Mechanical Laboratory.
Third Term. Drawing, Physical and Mechanical Laboratory.

Second Year.

First Term. Higher Mathematics, Drawing and Mechanical Laboratory.

Second Term. Chemistry, History and Philosophy of Educa-

tion, industrially considered, and Mechanical Laboratory.

Third Term. Engineering, Chemical and Mechanical Laboratory Work.

Physical Department.

OBJECT:—The training of men for the work of the Physical Director.

In addition to the general outline study of man's nature and relationships, given on pages 14 and 19, the students of the Physical Department will have amplifications of those studies which they need to know in greater detail, and of which the following will be suggestive:

MECHANICS OF THE BODY.—Based on Physics and Anatomy.

Study of the bones, articulations, muscles, muscle insertions, leverage; of the combined action of muscles, and mechanism of bodily movements, with special application to gymnastics and athletics. Demonstration on individuals, of muscular origin, insertion and action.

Physiology of Exercise.

Careful study of both general and special effects of exercise. Relation to circulation, respiration, nutrition, secretion; "wind," breathlessness, fatigue, etc., etc. "Training" is considered in this connection.

Physical Examination.—Physical Diagnosis, Loomis.

Study of the appearances, conditions, defects and deformities likely to be met with in the examining room; method of examining the heart, lungs, etc.; to prepare the student to assume such responsibilities as may properly rest upon the physical director, and to protect those who may come under his charge against unwise exercise and habits of life.

MASSAGE.—Massage as a Mode of Treatment, Murrell.

General principles as applied to development and training. Massage of sprains and strains. Medical massage is not included.

GYMNASTIC THERAPEUTICS.

Underlying principles of the subject rather than the details of application. The treatment of spinal curvature, functional derangements of the heart, neurasthenia, general debility, etc.

ANTHROPOMETRY.—Use of anthropometric apparatus.

Measurements; how taken, preserved and used. Bodily measurement charts and their mathematical basis; the "percentile" method of Sir Francis Galton, the "physical height as a unit" method of Dr. Hitchcock, the ordinary "average" method. Typical versus perfect form. Proper use of anthropometric charts, fallacies involved in some of them. Characteristics of different classes of gymnasts and athletes.

PHOTOGRAPHY.

Instantaneous photography of athletic work. Stereopticon slides. Time pictures of unusual cases in office. Flash light photography. Each student will supply his own outfit.

LITERATURE OF PHYSICAL EDUCATION.

The following, and other books will be read by the students and discussed in the class-room: How to get Strong, Blaikie; Sound Bodies for our Boys and Girls, Blaikie; Physical Education, Maclaren; Walker's Manly Exercise, "Craven;" Brawn and Brain, Aldridge; Physical Culture for Home and School, Dowd; Health by Exercise, Taylor; Physical Exercise, Wood; Athletics and Football, Shearman; New Gymnastics for Men, Women and Children, Lewis; Education, Spencer; Indian Club Exercises, Kehoe; British Sports and Pastimes, Trollope; Gymnastics for the Fingers and Wrists, Ward-Jackson; Exercise and Training, their Effect on Health, Lee; University Oars, Morgan; Physical Education, Roth; The Brawnville Papers, Tyler; Man, Moral and Physical, Jones; Swedish Educational Gymnastics, Posse; A Manual of Anthropometry, Roberts; Out-door Papers, Higginson; Salzman's Gymnastics for Youth.

These papers and pamphlets will also be studied: Anthropometric Manual, Amherst College, *Hitchcock* and *Seelye*: The Physical Proportions of the Typical Man, *Sargent*; The Anatomy of the Contortionist, *Dwight*; Physical Training, *Sargent*; The Influence of Exercise on Health, *Richards*; The Physical Development of Women, *Sargent*; Military Drill and Gymnastic Training in Physical Culture, *Hartwell*; Military Drill on Boys, *Sargent*; Physiology of Exercise, *Hartwell*; Physical Characteristics of the Athlete, *Sargent*; Hygiene for Baseball Players, *Leuf*; Proceedings of the American

Association for the Advancement of Physical Education.

The students will have the use of the Library on Physical Education. This has been built up mostly by the contributions of physical directors throughout the country, and is one of the largest and best libraries in our language on this subject. It contains nearly nine hundred books and pamphlets bearing upon physical education. A subject index makes it exceedingly valuable as an aid to study, not only in prescribed work, but in broader lines, as the time of the student may permit.

HISTORY AND PHILOSOPHY OF PHYSICAL EDUCATION. — With reviews of the following books: Report of Boston Physical Training Conference; Systematic Training of the Body, *Schaible*; Physical Training in American Colleges, *Hartwell*; An Hour with Delsarte,

Morgan; Gymnastic Progression, Enebuske.

The design of this study is to give the student a clear knowledge of the work that has been done along these lines. The fundamental principles and aims of each system will be studied. The athletics of the Greeks, influence on national life, the "Pentathlon;" German gymnastics, life of Jahn, Turnverein, school gymnastics, military gymnastics; gymnastics in Sweden, Ling and his work, Royal Gymnastic Institute at Stockholm, Swedish "movement cure;" the renaissance of athletics in France, life and work of Delsarte; English athletics; physical education in America; history of physical department of the Young Men's Ghristian Association.

REVIEWS and special reading in preparation for graduating

essays.

Practice.

Physical Department students will take the whole of the following course as outlined. Secretarial and Educational Department students will take the Hygienic Gymnastics, the Pentathlon, and other field work, in addition to the shop work under Mr. Graham.

Gymnastics.

JUNIOR YEAR,

HYGIENIC GYMNASTICS.

Free-hand and calisthenic drills, of the character best adapted to improve the health and build up a strong body; quick, vigorous, safe, and progressive work on the apparatus giving the widest range of healthful exercise, as side horse, long horse, parallel bars, end and side work, vaulting bar, buck, mats, springboard, etc. Drills capable of great modification and extension, while containing the same essential elements, will be memorized.

GAMES.

Basket ball and other games of suitable character for Association use will receive special attention.

MARCHING.

Adaptation of military and fancy marching to meet the needs of the Association, enabling the gymnasium leader to handle his men in such a way as to secure good order and *esprit du corps* in his classes.

SENIOR YEAR.

Special attention will be paid to normal work, leading of classes, constructing drills, etc. Further work with hand apparatus, and in heavy gymnastics.

Athletics.

Seven acres of the permanent school grounds are given exclusively to this purpose, laid out as an Athletic Field, with running track, tennis courts, and ball field. Land adjoining, also owned by the school, will afford additional opportunity for practice in football, basket ball, etc., when the regular grounds are occupied. Especial emphasis will be laid on the Pentathlon, or fivefold contest, consisting of the 100-yard dash, running high jump, throwing 12-pound hammer, pole vault, and mile run.

Aquatics.

Unusual facilities for rowing are afforded by the Connecticut river. We have three four-oared gigs, two double gigs, one single gig, one shell, one sailing canoe, two birch bark canoes, and one St. Lawrence skiff.

Each student will learn to swim in the various styles, and will be taught methods for rescuing and restoring the drowning.

Mechanical Laboratory.

Practical work of the Educational Department; see page 28.

Association Work.

During the Junior year, all students of this department are required to be members of the *Armory Hill* Branch of the local Association, to do regular practical work on one of its standing committees; and to attend all stated meetings of the committee to which appointed. During the Senior year the same must be done in connection with the *Central* Branch.

They will also be expected during the course to visit the large gymnasiums of either Boston or New York, and that of either Harvard, Yale or Amherst; also to attend each year two conventions, one of the Young Men's Christian Association and the other of the American Association for the Advancement of Physical Education.

Third Summer Conference.

It has been decided to hold a third Summer Conference on the Physical Department work, the experience of the last two years having shown the great profit of such time. The date has been fixed from August 31 to Sept. 5, inclusive. All interested in the work are invited. The general program will be the same as that for last year. The mornings will be given to discussions, the afternoons to athletics, aquatics, or gymnastics, the evenings to section meetings or recreation.

For Correspondence Course, see pages 36-38.

For Text-Books and Prices, see page 39.

Provisional Schedule of Daily Exercises.

MONDAY TO FRIDAY INCLUSIVE.

Juniors.

HOUR.	SCHEDULE.
8 a. m.	Vocal Music (fall) Study of Man (winter and spring)
IO a. m.	Association Work (fall and winter) Ethics (spring)
12 m.	Bible
3 p. m.	Physical or Educational Department Work.
4 p. m.	Practice
5 p.m.	Practice

Seniors.

HOUR.	SCHEDULE.
8 a. m.	Physical or Educational Department Work
Io a. m.	Sociology and Pedagogy (fall and winter) Association Work (spring)
II a. m.	Practice
12 m.	Practice
3 p.m.	Study of Man
4 p. m.	Bible

This schedule is subject to change.

All students are expected to attend daily prayers at 10 a.m.
A Junior shall be eligible for promotion only after passing satisfactorily in every branch of the first year, and upon recommendation of the department superintendent.
A Senior shall be eligible for graduation only after passing satisfactorily in every branch of the the course, and upon recommendation of the department superintendent.

Terms of Admission.

The Association Training School is open only to Christian young men, over eighteen years of age, who have already shown ability in the direction of the work for which they wish to prepare. Each applicant shall be a member in good standing of an Evangelical church, and if admitted shall bring a certificate to this effect and unite and work with some church of his choice in this city.

Each applicant for admission shall give evidence of having had at least a fair English education. If a graduate of a college or high school, he shall, upon entering, show his certificate of graduation; if not, he must, before he can be accepted, pass a preliminary examination. Applicants for the Physical Department will also have a

physical examination. Business experience is very desirable.

Several weeks are sometimes required in making a thorough investigation, hence the desirability of making application as early as possible. Only after satisfactory reports are received can any student be admitted to the school. The school year begins with the first Wednesday in September. Students who enter for one year, or the course, will not be admitted after the last of September. In extreme cases men will be admitted for a part of a year, but nothing aside from the regular work is promised to such.

It will be greatly to the advantage of all to enter at the beginning of the year, and too much emphasis cannot be laid upon the import-

ance of taking the entire course.

Each shall give at least one week's notice if for any reason he

wishes to leave the school before the end of the year.

Each is received upon probation; and when it becomes clearly evident that the prerequisites for success are wanting, he will no

longer be retained in the school.

Each student who has not already done so is urged to read carefully, in advance of his coming, "The Student's Manual," by Rev. John Todd.

Rooms.

Each student lodging in the building will care for his own room, which must be kept scrupulously clean. He will be expected to provide sheets, pillow and bolster slips, towels and soap. Beds are all single, three feet in width; pillows, 18x26 inches; bolsters, 18x36 inches. Rooms are liable to weekly inspection.

Estimate of Expenses.

For the School Year of Forty Weeks.

The following table is based upon the experience of 1891-94:

	Secretarial Department.		Physical Department.			
Table board,	\$100	to	\$125	\$100	to	\$125
Furnished room with light and heat,	40	"	60	40	46	60
Tuition,	50	66	50	50	66	50
Gymnasium suits,*	8	"	12	15	"	40†
Washing,	12	"	20	Ι2	"	20
Text and note books (see page 39),	I 2	66	20	20	46	35
Conventions,	15	"	18	15	66	' 18
Membership in local Association,	2	"	2	2	66	2
	\$230	to	\$302	\$254	to	\$3151

THE ABOVE ESTIMATE COVERS ONLY THE ITEMS SPECIFIED, AND NOT OTHER NECESSARY INCIDENTALS, WHICH EACH MUST CALCULATE

FOR HIMSELF.

The expenses of transients vary from \$5 to \$7 per week.

Only forty-four students can be lodged in the present building, and rooms are assigned as the students are accepted; rooms so assigned, unless by special engagement, will not be held more than one day after the opening of the term. Furnished rooms outside the building cost from \$1.25 to \$2 per week; table board, from \$3 to \$4 per week.

Tuition is payable promptly on the last Mondays in September and January, one-half at each payment. Room rent, on last Monday in each month. No reduction of rent will be made to a student who engages a room and fails to appear at the specified time, nor to one who vacates his room less than a month before the close of the school. Rent stops only when the room is vacated and the key delivered to the janitor. A deposit of twenty-five cents will be required for each key to the entrance of the gymnasium.

Students will save themselves trouble and expense by bringing exchange on New York and Boston banks rather than local checks.

^{*}Students are advised not to purchase gymnasium or athletic suits before coming to the school as the school has regulation colors and suits which all are expected to wear.

† Gymnasium.—Long-sleeved jersey, \$3.00; pants, \$3.00; belt, 50 cents; shoes, \$2.50. Field.—Football suit (including shoes) \$8.00; sleeveless jersey, \$2.50; sweater, \$3.50; spiked shoes, \$4.50; tennis shoes, \$2.50; running pants, 75c; hat, 50c. Many of these need to be purchased but once.

**To this should be added, in the Senior year, from \$30 upwards for photography and

sphygmography.

Correspondence Courses.

Secretarial Department.

This is a provision in response to a deeply felt and widely expressed need for extending as far as possible the advantages of the Secretarial Department. Many have had only a partial training for the secretaryship, some none at all, and still others, though recognizing their lack and desirous of more thorough preparation, have been unable for various causes to obtain it.

The Correspondence Course includes the whole of Association Work as outlined on pages 20-24 (excepting gymnastics and athletics), and not the General Biblical Course outlined on pages 12, 13, and personal contact with both instructors and fellow students is necessarily forfeited; yet, while thus limited, it is possible through intelligent direction to obtain much better results than could be expected from unaided individual effort. The instructors are the same as in the regular department course.

The outline consists of two parts. The first embraces the "Field, Objects and History" of the Young Men's Christian Association, and "The Organization and its Home" (see pages 20-21). The second part includes "Methods of Work," and "General Supervision and Extension" (see pages 22-24). "The Hand Book of Young Men's Christian Associations "-Edition of 1892, is used as a text-book. By close application of at least one hour a day the course

may be covered in one year.

The method of study, based upon the same general plans as have been used by the Chautauqua College during the past with so much success, embraces written questions, answers, outlines, suggestions, collateral reading and study, papers, reviews, and examinations. Reviews are required at the completion of the first and second parts of the course, and a certificate will be given to those passing 70 per cent, in an examination upon the whole.

This method admits of the practical application of lessons studied, cultivates the art of composition, promotes clear thinking and exactness of expression, and develops habits of reading and study. Specimen lesson leaves will be mailed upon application.

Admission.—The Correspondence Course is designed for General Secretaries and Assistants. Others who are specially fitted may take the course if approved by the instructors. Students are received at any time.

FEES.—An enrollment fee of \$5 is required when the student is admitted. The tuition fee is \$20 for the course; one-half payable when the studies are begun, the other half at the beginning of the second part of the course. The expense of text-book and postage on correspondence will not exceed \$5.

POSTAGE.—Students must enclose stamps each time of writing,

sufficient for return postage.

For list of Correspondence Students see page 8.

Physical Department.

This course is intended to require about a year, studying not over an hour a day. It will be found useful for men who have been led into the conduct of physical work without much study of the underlying subjects, and for leaders who have some thought of entering the work, or who wish to fit themselves for better service in behalf of their fellows even while in the ranks of the volunteer workers.

The following are some of the subjects to be treated:

The organization and conduct of the physical department of the Association;

Physical Measurements, and how to take them;

Anthropometry, its simpler principles, and how to use measurements and charts;

Anatomy; study of the bones and muscles, and of the actions of muscles by groups;

Physiology; a good outline which can be amplified, if desired, by further study of a larger work by the same author.

Hygiene, study of laws of health; emphasized in connection with appropriate chapters in Physiology.

Personal Purity, from the physiological standpoint;

Prescription of Exercise for common defects, weaknesses, and derangements:

Exercises: suggestive calisthenic drills, and "Series" on apparatus.

Questions will accompany each subject, by the use of which the student may test his knowledge of what he is going over day by day, and a final test will be given on each subject on its completion. It will be found an aid to memory to write answers to the questions given, but this is not required, except in prescribed tests and final examinations.

Emphasis will be laid upon those things which have most direct

bearing upon our work.

Questions on any obscure points, arising in the study of any subject, will be gladly answered to the best of our ability, as it is the

desire that this course shall be as helpful as we can make it to men

seeking better equipment for their work.

FEES.—An enrollment fee of \$5.00 is required when the student is admitted. The tuition fee is \$20 for the course; one-half payable when the studies are begun, the other half at the beginning of the second part of the course. This does not include text-books.

Postage.—Students must enclose stamps each time of writing,

sufficient for return postage.

Active membership in the Association, and a fair common school education are requisite for admission to this course. Students will be accepted, to begin study Oct. 1, '94.

The course may be taken as rapidly or as slowly as each indi-

vidual student may desire.

The School also furnishes a fuller correspondence course, for those wishing to take the subjects in greater detail. Information concerning these courses will be furnished on application to A. T. Halsted, M.D., Springfield, Mass.

Text-Books.

Note.—The first column gives the special prices at which the books are offered to our students in Springfield; if ordered by mail or express, transportation will be extra. The second column gives the regular list prices. It will be necessary to allow a liberal margin above this estimate, for books not now determined upon.

List No. 1.

Common to students of both departmen		
	Special.	List.
Robinson, English Harmony of the Gospels,	\$1.35	\$1.50
Handbook of Young Men's Christian Associati	ons	
Edition of 1892,	(about) 2.00	
Hopkins, Outline Study of Man,	1.55	1.75
" Law of Love and Love as a Law,	1.55	1.75
Morton, Handbook of First Aid,	.25*	.25
Roberts, Rules of Order,	·55	.75
Yeo, Manual of Physiology,	2.70	3.00
" Manual of Physical Measurements,	.68	.75
Trumbull, Teachers and Teaching,	(about) .84	1.00

In addition to this list, the Secretarial Department students will use the publications of the Int. Com. of Y. M. C. A's, N. Y., \$1.25.

List No. 2.

In addition to List No. 1, the Physical Department students will use the following:

Gould, Medical Dictionary,	\$3.00	\$3.25
Gray, Anatomy,	5.40	6.00
Foster, Text Book of Physiology, American edition,	4.05	4.50
(Four vol. edition may be preferred)	, 8.10	9.00
Acton, Reproductive Organs,	1.80	2.00
—— Gymnastics,	.90	1.00
Loomis, Physical Diagnosis,	2.70	3.00
Murrell, Massage as a Mode of Treatment,	1.35	1.50
Schaible, Systematic Training of the Body,	1.50	2.00

^{*}No discount from list prices.



Contributions.

Inquiries concerning the finances will receive immediate attention if addressed to OLIVER C. MORSE, Secretary International Y. M. C. A. Training School, Springfield, Mass., and remittances may be made payable to his order.

Form of Bequest.

I give and bequeath to the International Young Men's Christian Association Training School, Springfield, Mass., the sum of dollars.*

Bequest for Endowment

I give and bequeath to the International Young Men's Christian Association Training School, Springfield, Massachusetts, the sum of , to be safely invested by them and called the Fund. The interest of this fund to be applied to the use of the School.*

Perpetual Loan Fund.

For the purpose of founding a perpetual loan fund in the International Young Men's Christian Association Training School, Springfield, Mass. (or either of of its departments, if so stated), I hereby give the sum of five thousand dollars—or its equivalent in good securities at cash value—to be safely invested by them, the income to be loaned toward the education of students who have already shown ability in the school.

^{*}Or the testator may specify, towards the current expenses; or towards the support of a chair of instruction in the general course, or in either of the departments; or to be used as a loan toward the education of students who have shown ability in either departments.

For General Information

Concerning the school or its finances, apply to
OLIVER C. Morse, Secretary Int. Y. M. C. A. Training School,
Springfield, Mass.

For Special Information

Concerning the Departments or admission to the School, address:

J. T. Bowne, Supt. Secretarial Department, 35 Clarendon St.

LUTHER GULICK, M.D., Supt. Physical Dept., 153 Westminster St.

Springfield, Mass.

Sp 841H 1892/93



INTERNATIONAL

YOUNG MEN'S CHRISTIAN ASSOCIATION

TRAINING SCHOOL,

SPRINGFIELD, MASS., U. S. A.

AND TERM OF HEARING

EIGHTH CATALOGUE, 1892-93.

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1892-3.

EIGHTH CATALOGUE

OF THE

INTERNATIONAL

YOUNG MEN'S CHRISTIAN ASSOCIATION TRAINING SCHOOL,

SPRINGFIELD, MASSACHUSETTS.



WITH PROSPECTUS FOR 1893-4.

MAY, 1893.

PRESS OF CLARK W. BRYAN COMPANY. 1893.

THE DESIGN OF THE SCHOOL:

To train young men as Secretaries, Physical Directors, or other officers of Young Men's Christian Associations.

CALENDAR.

Commencement Exercises and Annual Meeting of the Corporation and Board of Trustees, Wednesday, June 21, 1893.

Quarterly Meetings of the Trustees on the third Wednesdays of

March, September, and December.

Regular Meeting of the Instructors on the second Wednesday of each month.

Summer Conference on Physical Work, August 30 to September 5.

NINTH REGULAR SCHOOL YEAR, 1893-4.

SPECIAL NOTICE.—The year for the Physical Department Seniors will commence on Wednesday, August 30th. See page 25.

FALL TERM { Begins Wednesday afternoon, September 13, 1893. Ends Wednesday evening, December 20, 1893.

WINTER VACATION.

WINTER TERM { Begins Wednesday morning, January 3, 1894. Ends Friday evening, March 23, 1894.

SPRING VACATION.

Spring Term { Begins Tuesday morning, April 3, 1894. Commencement Exercises, Wednesday evening, June 20, 1894.

CORRESPONDENCE COURSES.

Students may engage in the Correspondence Courses at any time.

The Calendar is subject to change.

CORPORATION.

The names of Trustees are italicized.

```
Australia, N. S. W., Sydney, David Walker.

"Vict, Melbourne, H. A. Wilcox.
France, Paris, E. Buscarlet.
Germany, Berlin, Count Andreas Bernstorff.
Gt Br., England, London, M. H. Hodder.
                                                                                                                                                                                                                                                                                                                                                                                                                                                     Minn., Minneapolis, C. E. Dyer.
John H. Elliott.
                                                                                                                                                                                                                                                                                                                                                                                                                                                   " John H. Elliott.
" St. Paul, Thomas Cochran.
" T. A. Hildreth.
Mo., Kansas City, Witten McDonald.
" St. Louis, Geo. T. Coxhead.
" Frank L. Johnston.
" Thos. S. McPheeters.
Neb., Omaha, J. C. Denise, M. D.
" Yutan, Robert Weidensall.
             " Ireland, Belfast, Robert McCann.
" Scotland, Glasgow, W. M. Oatts.
" Portobello. R. H. Smith.
India, Madras, W. Rierson Arbuthnot.
" David McCanadhu I.
"Scotland, Giasgow, W. M. Oatts.
"Portobello. R. H. Smith.
India, Madras, W. Rierson Arbuthnot.
"David McConaughy, Jr.
Japan, Tokyo, John T. Swift.
Sweden, Carlskrona, Baron Edward Barnekow.
Switzerland, Geneva, Rev. Gustave Tophel.
Eritish Columbia, Victoria, F. W. Teague.
Manitoba, Winnipeg, C. M. Cope'and.
"R. J. Whitla.
Nova Scotia, Halifax, E. W. Gorton.
Ontario, Hamilton, F. M. Pratt.
"Toronto, Thos. S. Cole.
"Robert Kilgour.
Quebec, Montreal, D. A. Budge.
"D. W. Ross.
"Robert Kilgour.
Quebec, Montreal, D. A. Budge.
"D. W. Ross.
"F. W. Kelley.
Ala., Birmingham, Joseph Hardie.
Ark, Little Rock, Col. Logan H. Roots.
Cal., San Francisco, H. J. McCoy.
Colo., Denver, Alfred W. Chamberlin.
"M. B. Chamberlin.
"M. B. Chamberlin.
"M. B. Chamberlin.
"M. Donald Fletcher.
Conn., Bridgeport, W. E. Colley.
"Southport, Elbert B. Munroe.
"Stamford, C. L. Reid
Ga., Atlanta, W. Woods White.
Ill., Chicago, I. E. Broun.
Ind., Richmond, Albert G. Shepard.
Ia., DesMoines, W. A. Magee.
"E. D. Sampson.
Kan., Topeka, R. B. Gemmell.
Ky., Louisville, J. L. Wheat
Me., Portland, T. E. McDonald,
Md., Baltimore, W. H. Morriss.
Mass., Boston, R. M. Armstrong.
"Jas. L. Gordon.
"Chas. A. Hopkins.
"Jas. L. Gordon.
"Chas. A. Hopkins.
"H. M. Moore.
"Cambridge, O. H. Durrell.
"Chas. A. Hopkins.
"H. M. Moore.
"Chas. H. Barrows.
"H. H. Bowman.
"J. T. Bowne.
"Geo. D. Chamberlain.
"E. Porter Dyer.
"Luther Gulick, M. D.
"Chas Jacobus.
""Lenry S. Lee.
                                                                                                                                                                                                                                                                                                                                                                                                                                                       N. H., Concord, Allen Folger.
"E. A. Lawrence.
                                                                                                                                                                                                                                                                                                                                                                                                                                                       N. J., Newark, Aaron Carter, Jr. Elkanah Drake.
                                                                                                                                                                                                                                                                                                                                                                                                                                                                             "Elkanah Drake
New Brunswick, Frank L. Janeway.
Orange, D. F. More.
Piamheld, W. D. Murray.
Sumont, Chas. B. Grant.
Y., Addison, Burton G. Winton.
Brooklyn. F. B. Schenck.
Buffalo, S. M. Clement.
"John B. Squire.
Medina, W. A. Bowen.
New York, Cephas Brainerd.
"Thomas K. Cree.
"C. C. Cuyler.
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                                                                                                                                                                                                                                                                                                                                                                                                                                            " Thomas K. Cree.
" " C. C. Cuyler.
" " Geo. A. Hall.
" " R. R. McBurney.
" " Richard C. Morse.
" " J. Gardner Smith, M. D.
" Erskine Uhl.
" " End. C. Wetmore.
" " Benj. C. Wetmore.
" " L. D. Wishard
" " L. D. Wishard
" " H. Thane Miller.
Ore., Portland, Noel H. Jacks.
Penn., Berwick, C. H. Zehnder.
" Erie, C. W. Davenport.
" Philadelphia, John H Converse.
" " " Thos. Dewitt Cuyler.
" " " Rev. Wallace McMullen.
" Pittsburgh, S. P. Harbison.
" Scranton, H. M. Boies.
R. I., Peace Dale, R. G. Hazard, 2d.
" " Providence, H. S. Conant.
S. C., Charleston, A. T. Smythe.
Tenn., Chattanooga, J. B. Milligan.
" Knoxville, James Bowron.
" J. B. O'Bryan.
" Erie, James Bowron.
" J. B. O'Bryan.
" Texas, Dallas A. F. Hardie.
" Fort Worth, Wm. C. Winthrop.
Vt., Brattleboro, Col. J. Estey.
" Burlington, W. J. Van Patten.
" Montpelier, A. J. Howe.
" St. Johnsbury, Col. Franklin Fairbanks.
Va., Richmond, Joseph Bryan.
Wash., Seattle, E. C. Kilbourne.
" Spokane, Walter Hughson.
Wis., Milwaukee, Geo. J. Rogers.
                                                                                                                                                                                                                                                                                                                                                                                                                                                           ..
                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  C. C. Cuyler.
Cleveland H. Dodge.
                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 ..
        " Luther Gulick, M. D.
" Chas Jacobus.
" Henry S. Lee.
" Arthur G. Merriam.
" Oliver C. Morse.
" Rev. David Allen Reed.
" C. H. Southworth.
Mass, Worcester, William Woodward.
Mich., Detroit, H. G. Van Tuyl.
```

OFFICERS.

President,

Vice-President,

CHAS. H. BARROWS.

H. B. CHAMBERLIN.

Treasurer,

Cor. Secretary,

GEO. D. CHAMBERLAIN.

OLIVER C. MORSE.

Rec. Secretary. F. W. MEYER.

EXECUTIVE COMMITTEE:

R. C. Morse,

R. R. McBurney, C. H. Barrows,

Downstan

Dr. W. F. Andrews, H. H. Bowman. with officers ex officio.

AUDITOR:

H. H. BOWMAN.

COMMITTEE ON INSTRUCTION:

CHAS. H. BARROWS, HENRY S. LEE, E. PORTER DYER, GEO. D. CHAMBERLAIN.

THE CONTROL.

The control of this school is vested in the Trustees, of whom six, with the officers ex officio, constitute an Executive Committee.

The Trustees are chosen by the Corporation, a majority of whom are nominated by the International Convention of Young Men's Christian Associations. The instructors are appointed by the Trustees.

STUDENTS, 1892-93.

SECRETARIAL DEPARTMENT.

SENIORS.

ARCHIBALD, LYMAN WALKER, BARNES, FRANK EVERTS, CHASE, WILLIAM RICHMOND, DAY, GEORGE EDWARD, FRENCH, BENJAMIN SNELL, HILDNER, ERNST GOTTHOLD, MAHAN, FRANK, WILLCOCK, FRANK,

Truro, N. S.
Montpelier, Vt.
New Bedford, Mass.
Westfield, Mass.
Amsterdam, N. Y.
Detroit, Mich.
Memphis, Tenn.
Orangeburg, S. C.

JUNIORS.

AUSTIN, BURTON CYRUS, BUNTING, ALBERT EDWARD, DAVEY, JOSEPH JOHN, FAIRBANKS, WILLIAM AUSTIN, *HATT, GEORGE CLARK, HJORTH, WILHELM, HORNER, RUDOLF, KING, ELISHA ALONZO, LANTZ, CHRISTIAN, McCleery, William James, RITCHIE, MARK, ROGERS, DWIGHT LEETE, SIBLEY, FRANK LEROY. STEPHENS, DUNCAN CALDER, TRIPLETT, EDWARD MASON, WORTH, ELBRIDGE MORSEMAN,

New York City. Ellenville, N.Y. New York City. Westboro, Mass. Fredericton, N. B. Copenhagen, Denmark. Basel, Switzerland. Attleboro, Mass. Philadelphia, Pa. Spencerport, N. Y. Waltham, Mass. New Britain, Conn. Springfield, Mass. Toronto, Ont. Burlington, Iowa. New Bedford, Mass.

^{*} Studied only part of the year.

PHYSICAL DEPARTMENT.

SENIORS.

Bond, Thomas Parsons,
Burkhardt, Frederick William,
Haskell, Claire Ellis,
McCastline, Robert,
Rideout, Melvin Bragdon,
Smith, Harvey Leigh,

Cassopolis, Mich. Buffalo, N. Y. Chelsea, Mass. New York City. Ottumwa, Iowa. Attleboro, Mass.

SPECIAL STUDENT.

LORING, BENJAMIN TAPPAN,

Holyoke, Mass.

JUNIORS.

BADGER, JONATHAN EDMUND, BALLARD, LYMAN ELLSWORTH, BAYLEY, ALFRED, BLACK, JOTHAM, Brown, ARTHUR WHITE, BURTON, WILLIS SYLVESTER, CAREY, CHARLES HENRY, CLARKSON, THOMAS CARBARNS, DIETZ, JR., HENRY LOUIS, FOSTER, JR., FESTUS HENRY, GABLER, GEORGE LEWIS, HOLMAN, FRANK, KELLY, M. D., DAVID FREDERIC, KINNICUTT, WILLIAM HENRY, LUTZ, JOHN WILLIAM, MARTIN, RUFUS JONATHAN, McKee, WILLIAM, MORGAN, WILLIAM GEORGE,

Hanover, N. H. Providence, R. I. Cheshire, Conn. Springfield, Mass. Yarmouth, N. S. Cattaraugus, N. Y. Williamsport, Pa. Coatbridge, Scotland. Oakland, Cal. Springfield, Mass. Oneida, N. Y. London, Ont. Bellaghy, Ireland. New Bedford, Mass. Beaver Falls, Pa. Port Hastings, N. S. Plainville, Conn. Lockport, N. Y.

Page, Pierson Sterling,
Ross, Maurice,
*Smith, Frederick W.,
Theis, Emile Charles,
Wall, Charles Fitzgerald Butler,
Welzmiller, Jr., Louis,

Williamsport, Pa. Cape Breton, N. S. New Bedford, Mass. Paris, France. Holy Cross, Ireland. New York City.

^{*} Studied only part of the year.

CORRESPONDENCE STUDENTS, 1892-3.

SECRETARIAL DEPARTMENT.

BENTON, ARTHUR L., Gen. Sec. R. R. Branch, Collinwood, Ohio. CHATTERSON, J. HENRY, Assistant Sec., CLEVELAND, FREDERICK L., General Sec., Dowling, John S., General Secretary, Downs, Frederick Corson, Asst. Sec., EVERETT, CHARLES E., General Secretary, FAGAN, J. EDWARD, General Secretary, GILLISON, JOHN THOMAS, General Sec., HALLER, CHARLES P., General Secretary, HEWER, BASIL, General Secretary, Stafford Rooms. JONES, OLIVER A., General Secretary, LUNGER, JAMES ORION, General Secretary, Washington Heights Branch, Maines, William H., Assistant Secretary, McLennan, Alexander C., Gen. Sec., MEGGINSON, W. S., Assistant Secretary, Monroe, Edwin D., General Secretary, MUNGER, I. EDWIN, General Secretary, POND, BERT CHAUNCEY, Assistant Secretary, Bangor, Me. PORTER, CHRISTOPHER C., General Sec., SMITH, HARRY BOYDSTON, Assistant Secretary, Greenpoint, STAFFORD, ABEL J., General Secretary, STERNER, G. B., McClellan, Assistant Secretary Armory Hill Branch, TAINTER, ANSON L., Assistant Secretary, TENNEY, WALTER L., Asst. Sec. Bedford Br., Brooklyn, N. Y. WILMERTON, WILLIAM NYCE, Gen. Sec.,

Eau Claire, Wis. Petersburg, Va. Ticonderoga, N. Y. New Haven, Conn. Sault Ste Marie, Mich. Fairport, N. Y. Pekin, Ill. Thompsonville, Conn. London, England. Hoosick Falls, N. Y. New York City. Paterson, N. J.

New Brunswick, N. J.

Atlanta, Ga. Waterford, N. Y. Muscatine, Iowa. Houston, Texas. Brooklyn, N. Y. Hancock, Mich. Springfield, Mass. Council Bluffs, Iowa. Chester, Pa.

PHYSICAL DEPARTMENT.

ADAMS, A. F., National Museum and National Deaf Mute College, Washington, D. C. BENSON, A. C., Worcester, Mass. CASWELL, C. E., Physical Director, Wichita, Kan. Cook, E. B., Physical Director, Poughkeepsie, N. Y. Davis, A. B., Fitchburg, Mass. Dodge, H. E., Phys. Dir. N. W. Branch, Philadelphia, Pa. MEYLAN, G. L., Physical Director, Bangor, Me. ROBERTSON, A., Asst. Sec. and Phys. Dir., Zanesville, Ohio. RUDOLPH, WALTER, Philadelphia, Pa. SAUERBREY, H. S., Owatonna, Minn. SKARSTROM, WILLIAM, Gymnastic Instructor, Pratt Institute, Brooklyn, N. Y. WILDER, E. W., Physical Director, Worcester, Mass.

INSTRUCTORS.

GENERAL COURSE:

- O. C. Morse,

 219 Florida Street,

 Christian Evidences and Outlines of Fundamental Truths of the Bible.

 James Naismith, A.B.,

 92 Buckingham Street,
 - Study of the Bible by Books, Outline Study of Man, Ethics, Methods of Christian Work—Senior Year.
- REV. T. H. HAWKS, D.D., 626 Worthington Street, Bible History, Exegesis, and Church History.
- R. A. Clark, A.B., M.D., 786 State Street,

 Composition, Rhetoric, Vocal Music,

 Abridged Physical Department Course.
- REV. HANFORD M. BURR, 159 Princeton Street, Christian Sociology.

SECRETARIAL DEPARTMENT:

- J. T. Bowne, Supt. of Dept., 35 Clarendon Street, Regular and Abridged Secretarial Department Courses.
- C. F. Powlison, 219 Florida Street,

 Methods of Christian Work—Junior Year.

Department Correspondence Course.

F. W. MEYER, Gen. Sec., Y. M. C. A., 998 State Street, Applied Committee Work.

PHYSICAL DEPARTMENT:

- LUTHER GULICK, M.D., Supt. of Dept., 153 Westminster Street, History and Philosophy of Physical Exercise, Anthropometry.
- F. N. SEERLEY, M.D., 33 Pendleton Avenue,

 Animal Mechanics, Physiology and Hygiene.
- A. T. Halsted, Ph.G., M.D., 1029 State Street,

 Physical Examinations, Gymnastic Therapeutics,

 Department Correspondence Course.

THE GENERAL COURSE.

The General Course of instruction is largely common to the students of both departments.* It covers two years, and includes the following topics:

Bible History and Exegesis.
History of Evangelical Christianity.
Christian Evidences.
Old and New Testament Canon.
Fundamental Doctrines of the

Bible.
Books of the Bible.

Outline Study of Man.
Christian Ethics.
Christian Sociology.
Practical Methods of Christian
Work.
Rules for Deliberative Bodies.
Composition and Rhetoric.
Vocal Music.

BIBLE HISTORY AND EXEGESIS.

Junior Year.

Biblical History (O. T.) The Life of Christ. Biblical Geography and Chronology.

Senior Year.

History of the Apostolic Church.

Biblical Geography and Chronology (Continued).

History of Evangelical Christianity: An outline presentation of its progress down to the present time, prominence being given to missions and the development of doctrine.

New Testament Exegesis: Selections from Gospels and Epistles. Old Testament Exegesis: Selections from Psalms and Prophets. English Versions.

Introduction.

Text-books: Dr. Smith's Old and New Testament Histories (Harper's Student Series), Fisher's History of the Christian Church; Robinson's English Harmony of the Gospels.

EVIDENCES, CANON, DOCTRINES, BOOKS.

Junior Year.

Outline Study of the Evidences of Christianity; The Divine and Human Authorship of the Bible, including the Inspiration, Genuine-

^{*} See Schedule on page 32. Text Books on page 38.

ness and Canonicity of the Scriptures; and the Fundamental Docrines held in common by evangelical denominations.

Senior Year.

Study of the books of the Bible, with special reference to the development of the great doctrines.

OUTLINE STUDY OF MAN.

Senior Year.

The method is constructive, dealing with the operations and relations of the physical, psychical, and the moral; and leading up from unorganized matter to the complete unity of the triune man by the successive application of powers from without.

Text-book: Dr. Mark Hopkins' Outline Study of Man.

CHRISTIAN ETHICS.

Senior Year.

Covering the duties of man as a free moral agent.

Text-book: Dr. Mark Hopkins' Law of Love and Love as a Law.

COMPOSITION AND RHETORIC.

Compositions, mainly on subjects relating to association work, are required once a month throughout the two years.

Rhetoric is taught during the Junior year. The object of this work is to give such a knowledge of English as shall result in the formation of correct and helpful habits in the writing of letters, papers, reports, etc. Special attention is given to proof reading.

Students are expected to join and work with one of the literary societies of the school.

Manual: Roberts' Rules of Order. Kellogg's "Text-book on Rhetoric."

VOCAL MUSIC

Will be taught throughout the Junior year. The course will include: The laws of vibration and tones; the study of the staff, notes and scales; singing by note; singing of church music and male chorus music. The object of the course being that all may acquire the ability to lead simple music.

METHODS OF CHRISTIAN WORK,

Under the following heads, receive special attention throughout both years: The Young Men's Meeting and its Methods; How to Study and Use the Bible; How to Deal with Inquirers? The Workers' Training Class.

A Course in Practical Christian Sociology.**

"That Gospel, which in its highest unity is Love, is divided into two parts: the first is Theology, which is an elaboration of the first part of Christ's epitome of the Law, 'Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength;' the second is *Sociology*—the science of society—which is an elaboration of the second part of the epitome of the Law, 'Thou shalt love thy neighbor as thyself.'"—Richard T. Ely.

OBJECT: The object of the course is twofold:

(1) To acquaint the Association Worker with the nature and extent of the social problems of the age, especially such problems as will most concern him in his special field of work.

(2) To suggest the nature and use of those principles and forces which may be brought to the solution of these problems.

THE NEED: The Department of Practical Christian Sociology is the outcome of a necessity and an opportunity. The necessity is found in the fact that scientific diagnosis must precede successful medication and treatment in the healing of the moral and spiritual man, as well as in the healing of the physical man. The opportunity is found in the absorbing interest in social questions which characterizes the age, and in the readiness of the helpful forces of society to be called forth to active service. We feel that the opportunity imposes an obligation.

Hence the Department of Practical Christian Sciology, in which the student will have the opportunity of studying the social problems of the day from a practical, Christian, and, at the same time, scientific standpoint.

METHOD OF INSTRUCTION:

Instruction will be given by lectures, carefully prepared courses of reading and class debates, to some of which the entire school will be invited.

^{*} The outline of this course is given at considerable length, inasmuch as the subject is a new one both to the school and to the public.

GENERAL OUTLINE OF STUDY.—SENIOR YEAR.

First and Second Terms.

INTRODUCTORY: General View.

Christian Sociology as a science; its scope and relation to kindred sciences.

The relation of the Christian church to social science and social problems.

The relation of the Young Men's Christian Association to the same.

CHRISTIAN SOCIOLOGY IN HISTORY: Sociology new as a scientific study but old as a sympathetic instinct.

The growth of the sense of social obligation and of what is due from man to man, as indicated by the changed and changing condition of women, children, slaves, working class, paupers and criminals.

Subjects for class discussion:

(1) The attitude of the church to slavery.

(2) The attitude of the church to the working class.

SOME PRESENT-DAY PROBLEMS OF SOCIOLOGY.

A. THE WAGE-EARNER.

- (1) The wage-earner in his relation to the employer and capitalist. The actual and ideal relation contrasted. The theory and practice of wages, hours of labor and strikes and lockouts.
- (a) Source of Wages: Wage fund theory.

 Product theory.

 Henry George's theory.

 George Gunton's theory.

Relation of wages to strikes.

(b) Hours of Labor: The length of the ideal working day with reference to different kinds of business; its bearing on health, happiness, morality, and the progress of Christianity. The economic value of shorter hours.

The Sabbath in relation to the interests of capital and labor. Ethical value of rest. History of Sunday labor in Europe. A warning.

Subjects for discussion:

- I. The comparative value, for the purposes of moral and spiritual development, of libraries, parks, and museums, as compared with worship.
- II. On what principles and precepts does the Christian Sabbath depend?

(c) Strikes and Lockouts: Causes and consequences. Their relation to business, good government and social order. The Homestead strike studied from the ethical and moral standpoint.

(2) The wage-earner in his relation to his fellows. Trades Unions, Labor Leagues and Guilds; their principles, methods, failures, successes, and possibilities. History of

Labor Movement.

(3) The wage-earner in his relation to the Christian Church and Christian Institutions.

Study of the situation and the causes. Investigations in Massachusetts in 1892.

Subjects for class discussion:

- I. Why are the workingmen, as a class, not in our churches?
- II. Why does the Young Men's Christian Association, at present, appeal more to the commercial than to the industrial class? Study of efforts and experiments in that direction.
- (4) The true source of hope for the wage-earner.
 A laborer's view, an employer's, an economist's, a Christian's.

B. THE POOR AND CRIMINAL CLASSES.

(1) The Situation: Pauper and penal statistics. The relation of poor wages to pauperism and crime. The causes of poverty: Ignorance, incapacity, improvidence, injustice, intemperance, misfortune, and wickedness.

Special study of the *Temperance Question* and *Tenements* and *Tenement House* Reform.

Subject for class discussion:

Which is the more effective, drunkenness as a cause of poverty, or, poverty as a cause of drunkenness?

- (2) Rescue and Redemptive Work: Methods, agencies, institutions; City missions; Philanthropic institutions—religious and secular; Charitable orders and brotherhoods; the Salvation Army; Manual and Technical training schools; Reformatories and prisons.
- (3) The function of government in relation to the laboring, the dependent and destructive classes. Theories: Individualism, Paternalism, Socialism.
- (4) The relation of Christianity to these classes.
 - a. Scientific diagnosis,—careful study of the needs.
 - b. The application of the fundamental principles of Christianity, "Love to God and love to man." Christian versus heathen economics.
 - c. Biblical Sociology.

- (5) The relation of the Young Men's Christian Association to these classes and their problems.
 - a. The young man a problem himself: His needs, temptations, and possibilities.
 - b. The young man faces these problems in their aggravated form.
 - c. The young man stands for the force which, wisely directed, will, under the Providence of God, help to solve these problems.

EDUCATIONAL WORK.

- (1) Study of work already done in educational lines.
- (2) THE IDEAL: Training for life, rather than for selfish culture.
- (3) THE NEED: The justification for the educational work of the Association. An opportunity to combine manual, mental, moral and spiritual education to peculiar advantage.
- (4) LEGITIMATE SCOPE AND POSSIBILITIES: Studies best adapted to the purposes of Association work.
- (5) APPROVED METHODS: Examples.

SECRETARIAL DEPARTMENT.

Object: Training for the special duties of the General Secretaryship.

DEPARTMENT COURSE OF STUDY.*

FIRST DIVISION-THE FIELD, OBJECTS, AND HISTORY.

- 1. The Field and Its Limits:
 - (A) The Work—why needed; (B) A Definite Work—for and by young men; (C) The Aim Distinctively Religious; (D) Relation to the Church; (E) Relation to Other Religious Societies.
- 2. Summary of the Objects and Work:
 - (A) The Means Employed in Cities; (B) The Means Employed in Small Towns.
- 3. The Rise and Growth of the Associations:
 - (A) Origin of the Present Movement; (B) Earlier Work for Young Men; (C) Introduction into America and Work Prior to the Civil War; (D) Army Work; (E) Resumption of Home Work; (F) Development of the Work; (G) Loyalty to the Church.

SECOND DIVISION-THE ORGANIZATION AND ITS HOME.

- 4. Organization:
 - (A) When and How to Organize; (B) Practical Hints.
- 5. The Constitution:
 - (A) General Considerations; (B) A Suggestive Outline.
- 6. Branches and Sub-Organizations.
- 7. The Management:
 - (A) The Directors; (B) The Officers.

^{*} This is in addition to the whole of the General Course outlined on pages 12 and 13, and covers two years. See also Schedule of Class Work by departments on page 32.

8. Standing Committees:

(A) Importance, Enlistment and Composition; (B) How to Organize, the Chairman, etc.; (C) Principles and Methods of Construction; (D) Names and Duties.

9. Membership:

(A) Classes of Membership; (B) How to Secure Members;
(C) The Membership Committee; (D) How to Retain Members; (E) Fees, Tickets, Records and Exchange; (F) The Development of Active Members; (G) The Associate Membership and its Relations; (H) The Members' Meeting, or Reception.

10. The General Secretary:

(A) The Office and Work; (B) The Qualifications.

11. The General Secretary—His Relationships:

(A) To Churches and Pastors; (B) To Officers, Directors and Committees; (C) To Other Employes; (D) To the Members; (E) To the Religious Work; (F) To the Business Community; (G) To his Fellow Secretaries.

12. The General Secretary—Personal Hints:

1, Accepting a Call; 2, Beginning Work: 3, Correspondence; 4, Prominent Visitors; 5, System; 6, Memorandum Books; 7, Statistics; 8, Human Nature; 9, Dress; 10, Conversation; 11, Economy; 12, The Other Sex; 13, Health; 14, Growth; 15, Spiritual Life.

13. Securing and Training Employed Officers:

(A) Demand and Supply; (B) Methods of Training.

14. The Association Home:

(A) Advantages of Owning a Building; (B) Location; (C) Arrangement and Construction; (D) Equipment.

15. The Care of the Home:

(A) General Principles; (B) Repairs and Safety; (C) Order and Cleanliness.

16. How to Get a Building:

- (A) Preparatory Work; (B) Plan of a Canvass; (C) Hints and Cautions.
- 17. The Building Movement:

 Its Beginning and Growth.

THIRD DIVISION-METHODS OF WORK.*

18. Current Finances:

(A) Ways and Means—(1) annual budget, (2) income, (3) solicitation; (B) Collections and Disbursements; (C) Financial Bookkeeping.

^{*}Methods of Work are fully illustrated by approved record blanks and printed matter, and wherever possible, practice will be required.

- 19. Real Estate and Endowment Funds:
 - (A) Incorporation; (B) Trustees; (C) Endowment; (D) Debt, Taxes, Insurance, and Leases.
- 20. Records and Public Presentation of the Work:
 - (A) Records and Statistics; (B) Anniversaries; (C) The Parlor Conference; (D) Printed Matter—(1) the bulletin, (2) annual reports, etc.
- 21. The Bible in Association Work:
 - (A) Individual Study—objects, methods and helps; (B) Class Study—(1) a Bible class indispensable, (2) relation of the general secretary, (3) divisions, beginners, advanced and training classes, (4) time, place, and appliances, (5) the teacher, (6) the class, (7) the topics, (8) preparing the lesson, (9) teaching the lesson, etc.; (C) Practical Work with the Unconverted—(1) personal work, (2) the evangelistic Bible class (3) the Bible in the evangelistic meeting; (D) Bible readings.
- 22. Religious Meetings, etc.:
 - (A) The Young Men's Meeting; (B) Other Meetings at the Rooms; (C) Religious Work Outside the Rooms—(1) in boarding houses, (2) work in public institutions, (3) sermons to young men, (4) distribution of religious reading matter, (5) the invitation committee.
- 23. The Place and Value of the Secular Agencies.
- 24. The Educational Department:
 - (A) The Reading Room—furniture, supervision, papers and periodicals, how secured; (B) The Library*—(1) growth of Association libraries, (2) reference and lending departments, (3) apartments, (4) classification and cataloguing, (5) charging, (6) the librarian, (7) order, (8) selecting and buying books, (9) ways and means, (10) advertising the library; (C) Educational Classes—(1) the need, (2) growth, (3) the committee, (4) adaptation, (5) thoroughness, (6) frequency of classes, (7) instructors, classrooms and examinations; (D) Literary Societies—value, how organized and supervised; (E) Lectures and Talks—(1) use and abuse of lectures, (2) home talent, (3) practical talks.
- 25. The Physical Department:
 - (A) Aim of the Department—(1) health, (2) education, (3) recreation; (B) Conditions under which a Physical Department should be started; (C) Scientific Equipment and Methods—(1) examinations, (2) statistics, (3) prescription of exercise; (D) Practical Equipment and Methods—(1) location and arrangement of gymnasium, (2) bath and dressing

^{*} Arrangements can be made, if desired, for a special course in Association Library Work.

rooms, (3) outfit of gymnasium, (4) methods of gymnastic work, (5) out-door work; (E) The Religious Work; (F) The Physical Director; (G) The Department Committee. (All Secretarial students will take the abridged course in Gymnastics and Athletics on page 18.)

26. The Social Department:

(A) The Reception Committee; (B) The Social Rooms; (C) Social Entertainments.

27. Information and Relief:

- (A) Boarding Houses;
 (B) The Employment Bureau;
 (C) Savings Bureau and Benefit Fund;
 (D) Visiting the Sick;
 (E) Destitute Young Men.
- 28. Work for Boys:
 - (A) History; (B) Necessity, Aim and Benefits; (C) Organization; (D) Different Classes; (E) Methods and Agencies—
 (1) religious, (2) educational, (3) physical, (4) social.

29. Work for Special Classes:

- (A) College Students—history, methods, outgrowths; (B) Railroad Men—(1) history, (2) aims and benefits, (3) organization and finance, (4) rooms and methods; (C) Commercial Travelers—the field, work, and agencies; (D) Other Nationalities—(1) the field, (2) the German work, (3) the Colored work, etc.; (E) Miscellaneous Classes—(1) soldiers and sailors, (2) deaf mutes, (3) lumbermen, (4) firemen, policemen, street car employes, etc.
- 30. Women's Work for Young Men: Organization and Methods.

FOURTH DIVISION-GENERAL SUPERVISION AND EXTENSION.

- 31. State and Provincial Work:
 - (A) History; (B) The State Committee; (C) Finances; (D) The State Secretary; (E) The State Convention—(1) preparatory work by the state committee, the programme, the convention circular, (2) preparatory work by local association, (3) at the convention; (F) The District Work—(1) the committee, (2) conferences and visitation, (3) corresponding members; (G) The Relation of Local Associations to the General Work.
- 32. The American International Work:
 - (A) History and Organization;
 (B) The Field;
 (C) The Work
 —(1) supervision and extension,
 (2) correspondence,
 (3) publications,
 (4) securing and training employed officers,
 (5) aid to building enterprises,
 (6) aid in securing funds,
 (7)

aid to state and other conventions, (8) help in disaster, (9) secretaries of the committee, (10) international finances, (11) international conventions, (12) day and week of prayer.

The World's Alliance:

History, Organization, and Work.

Text-book: "Hand-book of the History, ()rganization and Methods of Work of Young Men's Christian Associations—Edition o 1802." This book was prepared primarily for the use of this school.

During the entire course the students will have access to the City Library of more than 80,000 volumes, to the School Library and to the Historical Library of the Young Men's Christian Associations; and will also be required to engage in special courses of reading in connection with the department work.

GYMNASTICS AND ATHLETICS—Abridged Course.

This course is a part of the regular prescribed work of the Secretarial Department, and every student therein is expected to engage faithfully in it. Its purpose is to give to each a practical knowledge of this work, that will enable him intelligently to direct a small gymnasium. A sufficient amount of theory will be given to insure the intelligent appreciation of the field.

Each student will receive a physical examination, and work will be prescribed that will, as far as possible, put him in the best condi-

tion for study and future work.

THEORY.—Elementary anatomy, physiology, and hygiene.

In connection with these subjects will be taken up the philosophy of the different gymnastic systems, and the theory of massage.

First aid to injured.

Lectures on history of physical education, effect of body on the mind, literature of physical education.

Measurements, how taken and used.

Purity, scientific basis and methods of work for its advancement. Text-books: Martin's Human Body (Briefer Course), Morton's Handbook of First Aid.

Practice.—Calisthenics. Use of developing apparatus.

Light Gymnastics, including dumb bells, wands, Indian clubs, etc. A calisthenic, dumb bell, and bar bell drill will be committed to memory.

Heavy Gymnastics: vaulting, horizontal and parallel bars, horse, buck, etc.

Athletics: walking, running jumping, throwing the hammer, put-

ting the shot, pole vaulting, base ball, foot ball, lawn tennis.

Class work especially adapted to the needs of the Young Men's Christian Associations, on all of the apparatus, will be committed by the students.

Note.—In a number of instances attempts have been made to have the Assistant Secretary conduct the physical department. This is not so desirable as for the General Secretary himself to do it, having an assistant to relieve him in the general work of the Association in order that he may have the time. Work in the physical department gives the Secretary an opportunity to become acquainted with the associate membership such as is not afforded by any other department. It also involves his taking exercise that is necessary for his own well being, and puts him before his membership in a desirable light. The fundamental idea of the Association—that it is an association and not a one man affair—should be kept in mind here as in the other departments. Much can be done through the development of leaders, so that where the Secretary is directing the gymnasium, he ought after a time to be obliged to conduct only a leader's class, all the other classes being led by the men whom he has trained. This is the simple application of the committee idea to the physical department.

DEPARTMENT PRACTICE.

The Associations of Springfield are consolidated on the metro-

politan plan.

The Juniors are *required* to become members of the *Armory Hill* Branch before October first; to do regular practical work on one or more of its standing committees; and to attend all stated meetings of the committees to which appointed.

The same is required of the Seniors in connection with the Central Branch, unless preparing especially for Railroad work, when they

will unite with the Railroad Branch.

All are given practice in preparing monthly reports of committees, minutes of meetings, items for newspapers and bulletins, printer's copy, and proof reading; and are expected to attend each year at least two Association Conventions. The instructors decline to grant leave of absence to attend conventions other than those prescribed in the Department Course.

Students will be marked for practice as for any other work of

the course.

SPECIAL LECTURES AND CONFERENCES.

March 22, 1892—ROBINSON SOUTTAR, President of Y. M. C. A., Oxford, England. "The Decree of Success in Christian Work."

December 5.—H. P. Anderson, Secretary of International Committee. "Condition and Claims of Work in the South."

January 27, 1893.—George B. Hodge, Secretary of Educational Department International Committee. "Possibilities in the Educational Department of the Young Men's Christian Association."

March 7.—A. H. SIEGFRIED, Eastern Agent of the "Chicago Daily News," and President of the Montclair (N. J.) Y. M. C. A. "The Association and the Newspaper;" and again April 18, on "Kinship between the Association and Church."

March 14.—George A. Warburton, Secretary of Railroad Branch, Y. M. C. A., New York City. "Hindrances and Helps to Progress in the Christian Life."

March 21.—S. C. Roney, Knoxville, Tenn. "Business Methods Applied to all Departments of Association Work."

April 4.—CLAUS OLANDT, JR., Secretary International Committee. "Association Work Among German-speaking Young Men."

April 5.—E. PORTER DYER, Editor "Springfield Daily Union." "The Preparation of an Article for the Press."

The students of this department attended the following conferences and conventions:—

October 20-23, 1892. — MASSACHUSETTS STATE CONVENTION, at Pittsfield.

February 21-22, 1893.—New York State Secretaries' Conference, at Albany.

February 23-26.— New York State Convention, at Saratoga Springs.

For Correspondence Course, see pages 35-36.

FOR TEXT-BOOKS AND PRICES, see page 38.

PHYSICAL DEPARTMENT.

MOTTO-E TRIBUS UNUM.

Object: Training for the special duties of Physical Directors.

The whole work of this department is founded on a few general principles, and all the studies are considered with reference to those principles.

These principles are:

- I. Unity.
 - Man is a unit; body, mind and soul forming one complete whole, neither complete without the others.
- II. Law of Symmetry.

The best results can be secured only when man as a whole is symmetrically developed, not merely each nature with reference to itself, but each nature in relation to the others.

- III. "Function makes Structure."
 - The doing of a thing tends to increase the ability to do that thing. Thus, doing all-round exercises, those which demand symmetrical bodies, tends to produce symmetry.

It has been found impossible to put into the present two-years' course a sufficient attention to the out-of-door work. Accordingly it has been decided for the present year to devote the time from August 30 to September 13 in such work with the Senior class. It is thus a part of the required work. Attendance during these two weeks is at present optional to the junior students. It is a time, however, of great importance, and should be observed by all present and prospective students.

DEPARTMENT COURSE.—TWO YEARS.

THEORY.

JUNIOR YEAR.

First Term.

Animal Mechanics.—Based on physics and anatomy. Elementary Physics, *Balfour Stewart*. Energy, Mechanical Powers, Study of the Lever. *Gray's* Anatomy. Osteology, pp. 220-295. Articulation, Lectures, Myology, pp. 362-487. Lectures on combined action of muscles in gymnastics and athletics. Mechanism of bodily movements. Study of relations and insertions of muscles to power and speed. Study of individuals as to muscular origin and insertion.

Young Men's Christian Association.—The students in this department will be expected to cover during the Junior year an abridged course in Young Men's Christian Association work based upon the outline of the Secretarial Department, on pages 18–22.

Second Term.

Physiology.—Martin's "Human Body." (Large edition.) Especial attention will be given to the following: Structure of motor organs. Structure of muscle, muscular growth. Causes affecting growth. Physiology of muscle. Muscular fatigue and exhaustion. Muscular training, stiffness and rest. Local effects of exercise on muscle. Effects of massage on muscle. Physiology of the nervous system. Effects of the different kinds of exercise on the brain, spinal cord, and nerves. Effects of exercise on circulatory apparatus. "Wind" in training. Alteration of weight by exercise. Waste products of exercise. Energy-yielding foods. Muscle-building foods. Functions of brain and spinal cord. Special lectures on sight and the "subjective functions of the nervous system" will indicate the nature and method of the modern physiological psychology.

HYGIENE.—Considered with physiology in connection with appropriate chapters, with especial reference to the following: Duration of life. Causes of disease: heredity, use and abuse of stimulants, tobacco, abuses of eating, mental worry, immorality, late hours. Food and diet. Cleanliness: baths and bathing. Clothing: material, fashion, pressure. Habitations: ventilation, sanitary appli-

ances, disinfection, hygiene of employment.

Training.—Theory of, considered in connection with physiology. General principles and effects on the body. Dietetics. Training for wind, muscle, endurance, speed, habit. Effects of each. Training for all-round athletic contest. Training for individual events: sprint running, high jumping, long distance running, hammer throwing, putting shot, hurdle running.

Young Men's Christian Association (Abridged Course).-

Continued. (See First Term.)

Third Term.

Personal Purity.—Physiology of the reproductive organs. Effects of violation of the laws of purity; on the body, on the mind. Intellectual licentiousness; cause, effects. Hygienic treatment. Quack doctors and their methods.

FIRST AID TO THE INJURED.—Hand-book of First Aid, *Morton*. Additional lecture on the treatment of sprains, muscular strains, and bruises. The use of bandaging for weak joints, and the treatment of every-day wounds.

Physical Department.—a. Fundamental basis and relation to other departments. b. Conditions for: demand, gymnasium committee, leader, place. c. Methods and equipment: number of classes, leaders, and leaders' corps, visitors. Scientific (office): Physical examination, prescription, measurements, personal purity. Practical (gymnasium, field): kinds of exercise, exhibitions, competitions. d. Religious work: personal, Bible training class. c. Physical Director: Qualifications, spiritual, mental, physical; training; duties.

Young Men's Christian Association (Abridged Course).—Continued. (See First Term.)

On account of the great amount of work to be covered in practice, it has been found necessary to have the Senior year in the Physical Department open two weeks before the regular term. The extra time will be spent entirely in athletic and aquatic practice. This time is a regular part of the course, and is necessary to graduation. Any other students so desiring can avail themselves of this opportunity for extra practice.

SENIOR YEAR.

First Term.

Physiology of Bodily Exercise, Lagrange.—Physiological aspects of training. Wind, stiffness, and other questions of a similar nature. Exception is taken to Dr. Lagrange's position on the cause of breathlessness, and the relation of the lungs to chest expansion.

Sphygmography.—The use of the sphygmograph in health. Each student will supply himself with a Dudgeon sphygmograph. The causation of the different elements of the tracings. Work and rest of the heart and arteries; influence of cold, heat, gravity, compression, tea, coffee, tobacco, and stimulants. Each student will prepare in essay form a report of the experiments conducted by himself on some problem that shall be given him. The scientific or inductive method of study will here receive attention, the design being to conduct original scientific investigations by correct principles, and also to enable him to recognize correct and incorrect inductions.

Physical Examination.—Physical Diagnosis, *Page*. Diseases and sequelæ most frequently met with in the examining room. Auscultation, percussion. The use of inspection will be emphasized.

Massage as a mode of treatment, *Murrell*. General principles as applied to development and training. Massage of sprains and strains. Medical massage is not included.

Second Term.

GYMNASTIC THERAPEUTICS.—Underlying principles of the subject rather than the details of application. The treatment of spinal curvature, functional cardiac difficulties, neurasthenia, general debility.

ANTHROPOMETRY.—Use of anthropometric apparatus. Measurements; how taken, preserved, and used. Bodily measurement charts and their mathematical basis; the "percentile" method of Sir Francis Galton, the "physical height as a unit" method of Dr. Hitchcock, the ordinary "average" method. Typical versus perfect form. Proper use of anthropometric charts, fallacies involved in some of them. Characteristics of different classes of gymnasts and athletes.

LITERATURE OF PHYSICAL EDUCATION.—The following books will be read by the students and discussed in the class-room: How to get Strong, Blaikie; Sound Bodies for our Boys and Girls, Blaikie; Physical Education, Maclaren; Walker's Manly Exercise, "Craven;" Brawn and Brain, Aldridge; Physical Culture for Home and School, Dowd; Health by Exercise, Taylor; Physical Exercise, Wood; Athletics and Football, Shearman; New Gymnastics for Men, Women, and Children, Lewis; Education, Spencer; Indian Club Exercises, Kehoe; British Sports and Pastimes, Trollope; Gymnastics for the Fingers and Wrists, Ward-Jackson; Exercise and Training, their Effect on Health, Lee; University Oars, Morgan; Physical Education, Roth; The Brawnville Papers, Tyler; Man, Moral

and Physical, *Jones*; Swedish Educational Gymnastics, *Posse*; A Manual of Anthropometry, *Roberts*; Out-door Papers, *Higginson*; *Salzman's* Gymnastics for Youth.

These papers and pamphlets will also be studied: Anthropometric Manual, Amherst College, *Hitchcock and Seelye;* The Physical Proportions of the Typical Man, *Sargent;* The Anatomy of the Contortionist, *Dwight;* Physical Training, *Sargent;* The Influence of Exercise on Health, *Richards;* The Physical Development of Women, *Sargent;* Military Drill and Gymnastic Training in Physical Culture, *Hartwell;* Military Drill on Boys, *Sargent;* Physiology of Exercise, *Hartwell;* Physical Characteristics of the Athlete, *Sargent;* Hygiene for Baseball Players, *Leuf;* Proceedings of the American Association for the Advancement of Physical Education.

The students will have the use of the Library on Physical Education. This has been built up mostly by the contributions of physical directors throughout the country, and is one of the largest and best libraries in our language on this subject. It contains upwards of three hundred volumes and nearly as many pamphlets, some of which are rare and valuable, besides files and current numbers of magazines. A subject index of the whole will render available what has not hitherto been of service.

Third Term.

Photography.—Instantaneous photography of athletic work. Stereopticon slides. Time pictures of unusual cases in office. Flash light photography. Each student will supply his own outfit.

HISTORY AND PHILOSOPHY OF PHYSICAL EDUCATION.—With reviews of the following books: Report of Boston Physical Training Conference; Systematic Training of the Body, Schaible; Physical Training in American Colleges, Hartwell; An Hour with Delsarte, Morgan; Gymnastic Progression, Enebuske.

The design of this study is to give the student a clear knowledge of the work that has been done along these lines. The fundamental principles and aims of each system will be studied. The athletics of the Greeks, influence on national life, the "Pentathlon;" German gymnastics, life of Jahn, Turnverein, school gymnastics, military gymnastics; gymnastics in Sweden, Ling and his work, Royal Gymnastic Institute at Stockholm, Swedish "movement cure;" the renaissance of athletics in France, life and work of Delsarte; English athletics; physical education in America; history of physical department of the Young Men's Christian Association.

REVIEWS and special reading in preparation for graduating essays.

PRACTICE.

The method of instruction in gymnastics and athletics is analytic and synthetic. It is called analytic because each exercise is analyzed into the elementary movements of which it is composed. It is synthetic because after learning these elementary movements, they are gradually combined to form the exercise first shown. The student is thus led both to a thorough appreciation and comprehension of the exercise as a whole, and to its intelligent performance.

Although it is desired to give the student as wide a range of practice as possible, still it is deemed unwise to attempt any work of a hazardous nature.

Special attention will be given to the building up of the weak parts of the student, and the development of a strong, erect, symmetrical, and graceful figure. Two hours a day will be given to practice throughout both years.

GYMNASTICS.—Junior Year. Calisthenics. Use of Developing Apparatus: Chest weight, floor and overhead pulleys, etc. Light Gymnastics, Elementary: Dumb bells, Indian clubs, wands. Heavy Gymnastics, Elementary: Vaulting bar, horizontal bar, parallel bars, horse, buck. Special reference will be paid to gymnastic games.

Senior Year. Sparring; Wrestling; Normal work, leading of classes, etc. Light Gymnastics: Dumb bells, Indian clubs, wands. Heavy Gymnastics: Vaulting bar, horizontal bar, parallel bars, horse, buck.

PEDAGOGY.—Attention will be given to the art of teaching. Each student will be given practice in the actual leading of classes.

INVENTION OF EXERCISES.—Especial attention will be given to the construction of gymnastic drills to meet especial cases and classes. Each student will be required to prepare and submit such drills to the instructors.

ATHLETICS.—Seven acres of the permanent school grounds are given exclusively to this purpose, laid out as an Athletic Field, with running track, tennis courts, and ball field. Land adjoining, also owned by the school, will afford additional opportunity for practice in football, basket ball, etc., when the regular grounds are occupied. Especial emphasis will be laid on the Pentathlon, or fivefold contest, consisting of the 100-yard dash, running high jump, throwing 12-pound hammer, pole vault, and mile run.

AQUATICS.—Unusual facilities for rowing are afforded by the Connecticut river. We have three four-oared gigs, two double gigs, one single gig, one shell, one sailing canoe, two birch bark canoes, and one St. Lawrence skiff.

Each student will learn to swim in the various styles, and will be taught methods for rescuing and restoring the drowning.

During the Junior year, all students of this department are required to be members of the Armory Hill Branch of the local Association, to do regular practical work on one of its standing committees; and to attend all stated meetings of the committee to which appointed. During the Senior year the same must be done in connection with the Central Branch.

They will also be expected during the course to visit the large gymnasiums of either Boston or New York, and that of either Harvard, Yale or Amherst; also to attend each year two conventions, one of the Young Men's Christian Association and the other of the American Association for the Advancement of Physical Education.

Of the General course on pages 12, 13, the students in this department take Systematic Bible Truth, Exegesis, Methods of Christian Work, Outline Study of Man, and Ethics, omitting Vocal Music, Rhetoric, Bible History, and Church History.

See schedule of Class Room Work on page 32.

SECOND SUMMER CONFERENCE.

It has been decided to hold a second Summer Conference on the Physical Department work, the experience of last year having shown the great profit of such time. The date has been fixed from August 30 to September 5. All interested in the work are invited. The general program will be the same as that for last year. The mornings will be given to discussions, the afternoons to athletics, aquatics, or gymnastics, the evenings to section meetings or recreation. A general outline of work designed particularly for the Young Men's Christian Association will be presented for discussion, criticism, and ultimate publication.

For Correspondence Course, see pages 36 and 37.

For Text-Books and Prices, see page 38.

DAILY ORDER OF EXERCISES

By DEPARTMENTS,

MONDAY TO FRIDAY, INCLUSIVE.

JUNIORS.

	SECRETARIAL.		PHYSICAL.
8.00 a. m.	Systematic Bible Truth (3). Vocal Music (2).	8.00 a. m.	Systematic Bible Truth (3). Abridged Secretarial Department Work (2).
9.00 a. m.		9.00 a. m	Department Theory.
10.00 a. m.	Department Work (Fail). Abridged Physical Departm't Work (Winter and Spring).	10.00 a. m.	Exercise.
11.00 a. m.		11.00 a. m.	Exercise.
12.00 m.		12.00 m.	
3.00 p.m.		3.00 p.m.	
4.00 p.m.	Bible History (3). Rhetoric (2).	4.00 p. m.	
5.00 p. m.	Exercise.	5.00 p.m.	

SENIORS

	SEN	ions.	
	SECRETARIAL.		PHYSICAL.
8.00 a. m.		8.00 a. m.	Department Theory.
9.00 a. m.	Systematic Bible Truth, Ethics, or Outline Study of Man.	9.00 a. m.	Systematic Bible Truth, Ethics, or Outline Study of Man.
10.00 a. m.	Dep't Work (Winter and Spring). Christian Sociology (5).	10.00 a. m.	Christian Sociology (Fall) (5).
11.00 a. m.		11.00 a. m.	Exercise.
12.00 m.		12.00 m.	Exercise.
3.00 p. m.	Church History (Fall) (5). Exegesis (Winter and Spring) (5).	3.00 p. m.	Exegesis (Winter and Spring) (5).
4.00 p. m	Exercise.	4.00 p. m.	
5.00 p. m.		5.00 p. m.	

The figures after the names of the studies refer to the number of hours per week given to that subject.

All students are expected to attend daily prayers at 10 a.m., and to furnish original compositions

A Junior shall be eligible for promotion only after passing satisfactorily in every branch of the first year, and upon recommendation of the department superintendent.

A Senior shall be eligible for graduation only after passing satisfactorily in every branch of the course, and upon recommendation of the department superintendent.

TERMS OF ADMISSION.

The Association Training School is open only to Christian young men, over eighteen years of age, who have already shown ability in the direction of the work for which they wish to prepare. Each applicant shall be a member in good standing of an Evangelical church, and if admitted shall bring a certificate to this effect and unite and work with some church of his choice in this city.

Each applicant for admission shall give evidence of having had at least a fair English education. If a graduate of a college or high school, he shall, upon entering, show his certificate of graduation; if not, he must, before he can be accepted, pass a preliminary examination. Applicants for the Physical Department will also have a physical examination. Business experience is very desirable.

Several weeks are sometimes required in making a thorough investigation, hence the desirability of making application as early as possible. Only after satisfactory reports are received can any student be admitted to the school. The school year begins with the first Wednesday in September. Students who enter for one year, or the course, will not be admitted after the last of September. In extreme cases men will be admitted for a part of a year, but nothing aside from the regular work is promised to such.

It will be greatly to the advantage of all to enter at the *beginning* of the year, and too much emphasis cannot be laid upon the importance of taking *the entire course*.

Each shall give at least one week's notice if for any reason he wishes to leave the school before the end of the year.

Each is received upon probation; and when it becomes clearly evident that the prerequisites for success are wanting, he will no longer be retained in the school.

Each student who has not already done so is urged to read carefully, in advance of his coming, "The Student's Manual," by Rev. John Todd.

ROOMS.

Each student lodging in the building will care for his own room, which must be kept scrupulously clean. He will be expected to provide sheets, pillow and bolster slips, towels, and soap. Beds are all single, three feet in width; pillows, 18x26 inches; bolsters, 18x36 inches. Rooms are liable to weekly inspection.

ESTIMATE OF EXPENSES

FOR THE SCHOOL YEAR OF FORTY WEEKS.

The following table is based upon the experience of 1891-92:

	Secreta Departn		Physical Department.			
Table board,	\$100 to	\$150	\$100 to	\$150		
Furnished room with light and heat,	40 "	55	40 ''	55		
Tuition,	50 "	50	50 ''	50		
Gymnasium suits,*	8 "	12	15 "	40†		
Washing,	12 "	20	12 "	20		
Text and note books (see page 35),	12 "	20	20 "	35		
Conventions,	15 "	18	15 "	18		
Membership in local Association,	2 "	2	2 "	2		
	\$239 to	\$327	\$254 to	\$370‡		

THE ABOVE ESTIMATE COVERS ONLY THE ITEMS SPECIFIED, AND NOT OTHER NECESSARY INCIDENTALS, WHICH EACH MUST CALCULATE FOR HIMSELF.

The expenses of transients vary from \$5.00 to \$7.00 per week.

Only forty-four students can be lodged in the present building, and rooms are assigned as the students are accepted; rooms so assigned, unless by special engagement, will not be held more than one day after the opening of the term. Furnished rooms outside the building cost from \$1.25 to \$2.00 per week; table board, from \$3.00 to \$4.00 per week.

Tuition is payable promptly on the last Mondays in September and January, one-half at each payment. Room rent, on last Monday in each month. No reduction of rent will be made to a student who engages a room and fails to appear at the specified time, nor to one who vacates his room less than a month before the close of the school. Rent stops only when the room is vacated and the key delivered to the janitor. A deposit of twenty-five cents will be required for each key to the entrance of the gymnasium.

Students will save themselves trouble and expense by bringing exchange on New York and Boston banks rather than local checks.

^{*} Students are advised not to purchase gymnasium or athletic suits before coming to the school, as the school has regulation colors and suits which all are expected to wear.

[†] Gymnasium.—Long-sleeved jersey, \$3.00; pants, \$3.00; belt, 50c.; shoes, 2.50. Field.—Football suit (including shoes), \$8.00; sleeveless jersey, \$2.50; sweater, \$3.50; spiked shoes, \$4.50; tenns shoes, \$2.50; running pants, 75c.; hat, 50c. Many of these need to be purchased but once

[‡] To this should be added, in the Senior year, from \$30.00 upwards for photography and sphygmography.

CORRESPONDENCE COURSES.

SECRETARIAL DEPARTMENT.

This is a provision in response to a deeply felt and widely expressed need for extending as far as possible the advantages of the Secretarial Department. Many have had only a partial training for the secretaryship, some none at all, and still others, though recognizing their lack and desirous of more thorough preparation, have been unable for various causes to obtain it.

The Correspondence Course includes the whole of the Department Course outlined on pages 18-22 (excepting gymnastics and athletics), and not the General Biblical Course outlined on pages 12, 13, and personal contact with both instructors and fellow students is necessarily forfeited; yet, while thus limited, it is possible through intelligent direction to obtain much better results than could be expected from unaided individual effort. The instructors are the same as in the regular department course.

The outline consists of two parts. The first embraces the "Field, Objects, and History" of the Young Men's Christian Association, and "The Organization and its Home" (see pages 18, 19). The second part includes "Methods of Work," and "General Supervision and Extension" (see pages 20, 21). "The Hand Book of Young Men's Christian Associations"—Edition of 1892, is used as a text-book. By close application of at least one hour a day the course may be covered within one year.

The method of study, based upon the same general plans as have been used by the Chautauqua College during the past with so much success, embraces written questions, answers, outlines, suggestions, collateral reading and study, papers, reviews, and examinations. Reviews are required at the completion of the first and second parts of the course, and a certificate will be given to those passing 70 per cent. in an examination upon the whole.

This method admits of the practical application of lessons studied, cultivates the art of composition, promotes clear thinking and exactness of expression, and develops habits of reading and study. Specimen lesson leaves will be mailed upon application.

Admission.—The Correspondence Course is designed for General Secretaries and Assistants. Others who are specially fitted may take the course if approved by the instructors. Students are received at any time.

FEES.—An enrollment fee of \$5 is required when the student is admitted. The tuition fee is \$20 for the course; one-half payable when the studies are begun, the other half at the beginning of the second part of the course. The expense of text-book and postage on correspondence will not exceed \$5.

POSTAGE.—Students must enclose stamps each time of writing, sufficient for return postage.

For List of Correspondence Students, see page 9.

PHYSICAL DEPARTMENT.

The aim will be to meet as far as possible by correspondence the needs of those who are unable to come to Springfield, but who desire the advantages that are offered here in the direction of Physical Education.

This course is designed for physical directors and assistants; others who are specially fitted to take it may join if approved by the instructors. Those who are unable on account of financial difficulties to come to the school can avail themselves of this opportunity to secure a considerable part of the desired training, and at the same time be supporting themselves. Physical directors who realize the need of further study along these lines are thus offered the desired opportunity. A person able to spend but one year at the school could so prepare himself by correspondence that this year would suffice to complete the Department Course and enable him to graduate.

The work demanded by the course will be considerable. This is necessary, as the ground to be covered is large and the knowledge needed is thorough.

The instruction will, of course, be individual; progress can thus be made as slow or as rapid as circumstances may demand or allow. It will be found advantageous, however, to give to it not less than two hours daily.

A series of courses will be arranged for correspondence work.

Each course will consist of forty sections, each section consisting of five lessons, each of which will demand on an average two hours' study. The subject matter covered will be the same as that covered at the school (for outline see pages 25-29). The same text-books will be used. Work will be given out for each day, important points noted and difficulties explained.

The first forty sections are divided as follows: Physiology, 20; Sphygmograph, 1; Personal Purity, 7; Physiology of Bodily Exercise. 8: First Aid. 4.

The second course takes up Animal Mechanics, a study of the bones, muscles and body movements; Hygiene; and Training.

Those subjects which as yet have no satisfactory text-books and which are given in the form of lectures will be written out for the use of the students taking the Correspondence Course.

There will be frequent written examinations. The students of this department will have the same privilege of questioning on difficult points connected with the subject as have those actually on the ground.

Tuition will be twenty-five dollars for each course of forty sections; fifteen payable on registration and ten on completion of the first twenty sections. All expense for postage will be met by the student.

For List of Correspondence Students, see page 10.

TEXT BOOKS.

Note.—The first column gives the special prices at which the books are offered to our students in Springfield; if ordered by mail or express, transportation will be extra. The second column gives the regular list prices.

LIST NO I

LIST NO. 1.		
Common to students of both departments	3.	
	Special.	List.
Robinson, English Harmony of the Gospels,	\$1.35	\$1.50
Handbook of Young Men's Christian Associati	ons	
	(about) 2 00	
Hopkins, Outline Study of Man,	1.55	1.75
" Law of Love and Love as a Law,	1.35	1.75
Morton, Handbook of First Aid,	.25*	.25
Roberts, Rules of Order,	.55	.75
List No. 2.		
In addition to List No. 1, the Secretarial Departme will use the following:	ent students	
Smith, Old and New Testament Histories (Harr	per's	
Student Series), 2 vols., each,	1.04	1.25
Fisher, History of the Christian Church,	2.50	3.50
	(about) 1.25 †	
Martin, Human Body (Briefer Course),	1.20	1.50
List No. 3.		
In addition to List No. 1, the Physical Departme will use the following:	nt students	
Gould, Medical Dictionary,	3.00	3.25
Gray, Anatomy,	5.40	6.00
Balfour Stewart, Elements of Physics.	1.10	1.25
Martin, Human Body (large edition),	2,20	2.75
	(about) 1.25 †	
Acton, Reproductive Organs,	1.80	2.00
— Gymnastics,	.90	1 00
Lagrange, Physiology of Bodily Exercise,	1.50	1.75
Page, Physical Diagnosis,	1.80	2.00
Murrell, Massage as a Mode of Treatment,	1.35	1.50
Schaible, Systematic Training of the Body,	1.50	2.00

^{*} No discount from list prices.

[†] Book not decided upon.





CONTRIBUTIONS.

Inquiries concerning the finances will receive immediate attention if addressed to OLIVER C. MORSE, Secretary International Y. M. C. A. Training School, Springfield, Mass., and remittances may be made payable to his order.

FORM OF BEQUEST.

I give and bequeath to the International Young Men's Christian Association Training School, Springfield, Mass., the sum of dollars.*

BEQUEST FOR ENDOWMENT.

I give and bequeath to the International Young Men's Christian Association Training School, Springfield, Massachusetts, the sum of , to be safely invested by them and called the Fund. The interest of this fund to be applied to the use of the School.*

PERPETUAL LOAN FUND.

For the purpose of founding a perpetual loan fund in the International Young Men's Christian Association Training School, Springfield, Mass. (or either of its departments, if so stated), I hereby give the sum of five thousand dollars—or its equivalent in good securities at cash value—to be safely invested by them, the income to be loaned toward the education of students who have already shown ability in the School.

Or the testator may specify, towards the current expenses; or towards the support of a chair of instruction in the general course, or in either of the departments; or to be used as a loan toward the education of students who have shown ability in either of the departments.

FOR GENERAL INFORMATION

concerning the School or its finances, apply to
OLIVER C. MORSE, Secretary Int. Y. M. C. A. Training School,
Springfield, Mass.

FOR SPECIAL INFORMATION

Concerning the Departments or admission to the School, address: J. T. Bowne, Supt. Secretarial Dept., 35 Clarendon St. Luther Gulick, M.D., Supt. Physical Dept., 153 Westminster St. Springfield, Mass.

Sp 841H 1891/92

INTERNATIONAL

YOUNG MEN'S CHRISTIAN ASSOCIATION

TRAINING SCHOOL,

SPRINGFIELD, MASS., U. S. A.

SEVENTH CATALOGUE, 1891-92.

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SEVENTH CATALOGUE

OF THE

INTERNATIONAL

YOUNG MEN'S CHRISTIAN ASSOCIATION TRAINING SCHOOL,

SPRINGFIELD, MASSACHUSETTS.



WITH PROSPECTUS FOR 1892-3.

MAY, 1892.

PRESS OF
CLARK W. BRYAN AND COMPANY.
1892.

THE DESIGN OF THE SCHOOL:

To train young men as Secretaries, Physical Directors, or other officers of Young Men's Christian Associations.

CALENDAR.

Commencement Exercises and Annual Meeting of the Corporation and Board of Trustees, Wednesday, June 8, 1892.

Quarterly Meetings of the Trustees on the third Wednesdays of March, September, and December.

SUMMER CONFERENCE ON PHYSICAL TRAINING.

Begins Thursday morning, June 2, 1892. Closes Saturday afternoon, June 11, 1892.

EIGHTH REGULAR SCHOOL YEAR, 1892-93.

FALL TERM { Begins Wednesday afternoon, September 7, 1892. Ends Wednesday evening, December 21, 1892.

WINTER VACATION.

WINTER TERM { Begins Wednesday morning, January 4, 1893. Ends Friday evening, March 24, 1893.

SPRING VACATION.

Spring Term { Begins Tuesday morning, April 4, 1893. Commencement Exercises, Wednesday evening, June 14, 1893.

CORRESPONDENCE COURSES.

Students may engage in the Correspondence courses at any time.

The Calendar is subject to change.

CORPORATION.

The names of Trustees are italicized.

```
Australia, N. S. W., Sydney, David Walker.

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France, Paris, E. Buscarlet.
Germany, Berlin, Count Andreas Bernstorff.
Gt. Br., England, London, M. H. Hodder.

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"Toronto, Thos. S. Cole.

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"H. B. Chamberlin.

"Donald Fletcher.
                                                                                                                                                                                                                                                                                                                                                                      N. J., Newark, Aaron Carter, Jr. "Elkanah Drake.
                                                                                                                                                                                                                                                                                                                                                                  N. J., Newark, Patolic actions, 18.

"Elbanah Drake.

"Elbanah Drake.

"Orange, D. F. More.

"Plainfield, W. D. Murray.

Summit, Chass. B. Grant.

N. Y., Addison, Burton G. Winton.

"Brooklyn, F. B. Schenck.

"Edwin F. See.

"Buffalo, S. M. Clement, Jr.

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"Thomas K. Cree.

"C. C. C. Cuyler.

"Cleveland H. Dodge.

"Geo. A. Hall.
Cal., Sah Frantsko, H. M. McCoy.

Colo., Denver, Alfred W. Chamberlin.

"Donald Fletcher.

Conn., Bridgeport, W. E. Colley.

"Hartford, Chas. A. Jewell.

"Meriden, W. A. Kelsey.

"Southport, Elbert B. Munroe.

Ga., Atlanta, W. Woods White.

Ill., Chicago, I. E. Brown.

Ind., Indianapouis, Dr. L. H. Dunning.

"Richmond, Albert G. Shepard.

Ia., Des Moines, W. A. Magee.

""E. D. Sampson.

Kan., Topeka, R. B. Gemmell.

Ky., Louisville, J. L. Wheat.

Me., Portland, T. E. McDonald.

Md., Baltimore, W. H. Morriss.

Mass., Boston, R. M. Armstrong.

"J. W. Cook.

"J. W. Cook.

"J. W. Cook.

"L. W. Moore.

"Chas. A. Hopkins.

"H. M. Moore.

"Campello, Preston B. Keith.

"Fitchburg, Frederick Fosdick.

"Manchester, Russell Sturgis.

"Springfield, Dr. W. F. Andrews.

"Chas. H. Barrows.

"H. H. Bowne.

"Geo. D. Chamberlain.

"E. Porter Dyer.

"Luther Gulick, M. D.

"Chartles Marsh.†

"Arthur G. Merriam.
                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            Geo. A. Hall.
R. R. McBurney.
                                                                                                                                                                                                                                                                                                                                                                                        66
                                                                                                                                                                                                                                                                                                                                                                                                                       " R. R. McBurney.
" Richard C. Morse.
" J. Gardner Smith, M. D.
" Erskine Uhl.
" Henry H. Webster.†
" A. J. D. Wedemeyer.
" Brnj. C. Wetmare.
" J. C. Wilson.†
" L. D. Wishard.
Troy, L. E. Gurley.
Charlotte. L. A. Coulter.
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                                                                                                                                                                                                                                                                                                                                                                " L.D. Wishard.
" Troy, L. E. Gurley.
N. C., Charlotte, L. A. Coulter.
" Davidson College, Prof. H. L. Smith.
Ohio, Cincinnati, H. P. Lloyd.
" H. Thane Miller.
Ore., Portland. Noel H. Jacks.
Penn., Berwick, C. H. Zehnder.
" Erie, C. W. Davenport.
" Phitadelphia, John H. Converse.
" Thos. DeWitt Cuyler.
" Pittsburgh, S. P. Harbison.
" Scranton, H. M. Boies.
R. I., Peace Dale, R. G. Hazard, 2d.
" Providence, H. S. Conant.
S. C., Charleston, A. T. Jamison.
" Columbia, A. T. Smythe.
Tenn., Chattanooga, J. B. Milligan.
" Knoxville, James H. Cowan.
" Nashville, James Bowron.
" J. B. O'Bryan.
Texas, Dallas, A. F. Hardie.
" Fort Worth, Wm. C. Winthrop.
Vt., Brattleboro, Col. J. J. Estey.
" Burlington, W. J. Van Patten.
" Montpeller, A. J. Howe.
" St. Johnsbury, Col. Franklin Fairbanks.
Va., Richmond, Joseph Bryan.
Wash., Seattle, E. C. Kilbourne.
" Spokane, Walter Hughson.
Wis., Milwaukee, Geo. J. Rogers.
                                                                                                                                                                                                                                                                                                                                                                                        66
                                                                                                                                                Charles Marsh.†
                                                                                                                                              Arthur G. Merriam.
Oliver C. Morse.
Rev. David Allen Reed.
                         44
       " Henry S. Lee. Mich., Detroit. H. G. Van Tuyl.
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[†] Deceased.

OFFICERS.

President,

Vice-President,

HENRY S. LEE.

H. B. CHAMBERLIN.

Treasurer,

Secretary,

GEO. D. CHAMBERLAIN.

OLIVER C. MORSE.

EXECUTIVE COMMITTEE:

R. C. Morse, E. F. See, R. R. McBurney, C. H. Barrows, Dr. W. F. Andrews, H. H. Bowman, with officers ex officio.

AUDITOR:

H. H. BOWMAN.

THE CONTROL.

The control of this school is vested in the Trustees, of whom six, with the officers ex officio, constitute an Executive Committee.

The Trustees are chosen by the Corporation, a majority of whom are nominated by the International Convention of Young Men's Christian Associations. The instructors are appointed by the Trustees.

STUDENTS, 1891-92.

SECRETARIAL DEPARTMENT.

SENIORS.

CAREY, WILBERT FRANKLIN,
DAVIS, WILLIAM HENRY,
*DICK, JOHN M.,
ISHIKAWA, GEN SAMURO,
KINGSBURY, CHARLES HENRY,
LIBBY, EUGENE SAMUEL,
PATTON, THOMAS DUNCAN,
*SPENCE, DONALD MACKAY,
WELLER, GEORGE RADFORD,

Williamsport, Pa. Holyoke, Mass. Yonkers, N. Y. Tokio, Japan. Killingly, Conn. Redlands, Cal. Montreal, Que. Nashua, N. H. Yonkers, N. Y.

JUNIORS.

Archibald, Lyman Walker,
Barnes, Frank Everts,
Chase, William Richmond,
Day, George Edward,
French, Benjamin Snell,
Gelan, Henri,
Hildner, Ernst Gotthold,
Kaighn, Raymond Pimlotte,
Mahan, Frank,
Macdonald, Finlay Grant,
Ruggles, Edward Pakenham,
*Sayford, Raphael,
Thompson, John George,
Wilkinson, Thomas Gregg,
Willcock, Frank,

Truro, N. S.
Montpelier, Vt.
New Bedford, Mass.
Westfield, Mass.
Amsterdam, N. Y.
Bischweiler, Alsace, Ger.
Detroit, Mich.
Philadelphia, Pa.
Memphis, Tenn.
Sunny Brae, Pictou, N. S.
Milton, Mass.
Harrisburg, Pa.
New Glasgow, N. S.
Claussen, S. C.
Orangeburg, S. C.

^{*}Studied only part of the year.

PHYSICAL DEPARTMENT.

SENIORS.

BLACK, WALTER ORLANDO,
*BOND, THOMAS PARSONS,
DRIVER, JAMES KEMP,
EXNER, MAX JOSEPH,
FINCH, GEORGE HARDY,
FOSS, PETER LENORD,
MACARTNEY, JOHN WILLIAM,
VAN LEUVEN, BYRON,

Grand Ridge, Ill.
Cassopolis, Mich.
Galesburg, Ill.
Seattle, Wash.
Peoria, Ill.
Kalamazoo, Mich.
Springfield, Mass.
San Bernardino, Cal.

JUNIORS.

*Abbott, Frederick C.,
Burkhardt, Frederick William,
Haskell, Claire Ellis,
McCastline, Robert,
Rideout, Melvin Bragdon,
Smith, Harvey Leigh,
Webb, Albert Elmer,

Waterbury, Conn.
Buffalo, N. Y.
Chelsea, Mass.
New York City.
Ottumwa, Iowa.
Attleboro, Mass.
New Haven, Conn.

^{*}Studied only part of the year.

CORRESPONDENCE STUDENTS, 1891-2.

SECRETARIAL DEPARTMENT.

Burns, George, Assistant Secretary, DAVIDGE, JOHN BEAL, General Secretary, DENHAM, J. F., General Secretary. *Foster, Harry Schuyler, Gen. Sec., FRASER, NEIL FRANK, General Secretary, GILLISON, JOHN THOMAS, General Secretary, GREGG, A. S., General Secretary. HALLER, CHARLES P., Assistant Secretary, HEWER, BASIL, Gen. Sec. Anglo-Amer. Br., JONES, OLIVER A., General Secretary, KADEL, WILLIAM J., General Secretary, LUNGER, JAMES ORIAN, General Secretary, McLennan, Alexander C., Asst. Sec., MONROE, EDWIN D., General Secretary, MORROW, ERNEST S., Asst. Sec. R. R. Br., OVERDORF, GEORGE A., General Secretary, PEDERSEN, LOUIS HAAPSTOCK, Gen. Sec., PORTER, CHRISTOPHER C., General Secretary, POWELL, CRAYTON KENNETH, General Sec., ROBESON, ROBERT, Assistant Secretary, STAFFORD, ABEL J., Assistant Secretary, STERNER, G. B. McClellan, Executive Sec., TAINTER, A. L., Assistant Secretary, TENNEY, WALTER L., General Secretary, TERRY, ALFRED, General Secretary, WILMERTON, WILLIAM NYCE, General Sec.,

Lexington, Ky. Marshall, Tex. Fort Howard, Wis. Sing Sing, N. Y. Summerside, P. E. I. Pekin, Ill. Olympia, Wash. Meriden, Conn. Paris, France. Hoosick Falls, N. Y. Chambersburg, Pa. Babylon, N. Y. New Brunswick, N. J. Waterford, N. Y. Cincinnati, Ohio. Hampton, Va. Astoria, Oregon. Houston, Tex. York, Neb. Lowell, Mass. Grand Rapids, Mich. Gettysburg, Pa. Council Bluffs, Iowa. Warsaw, N. Y. Ironwood, Mich. Chester, Pa.

^{*} Studied only part of the year.

PHYSICAL DEPARTMENT.

CASWELL, C. E., Ass't Sec. and Phys. Dir., CHASE, J. M.,
COOK, E. B.,
CRANE, F. W.
GREINER, PROF. PHILIP, Physical Director,
HOPKINS, G. W.,
*KALLENBERG, ROBERT,
MEYLAN, G. L., Physical Director,
SAUERBREY, H. S., Physical Director,
STOLTE, DIEDRICK, JR.,
WESTON, R. L., Physical Director,
WHITESIDE, H. I., Physical Director,

Wichita, Kas.
Paterson, N. J.
Albany, N. Y.
Cincinnati, Ohio.
Evanston, Ill.
Cleveland, Ohio.
New York City.
Bangor, Me.
Winona, Minn.
Brattleboro, Vt.
St. Paul, Minn.
Jersey City, N. J.

STUDENTS AT SUMMER SESSION, 1891.

Barrett, S. E., General Secretary,
Berry, W. D., Student,
Bond, T. P., Student,
Brown, C. H.,
Butterworth, H.,
Carmichael, H. O., Physical Director,
Chase, Jas. M.,
Cooke, E. R., Physical Director,
Cooke, L. J., Physical Director,
Daniels, T. C., Physical Director Trinity
College,
Ferguson, G. T.,
Garland, A. E., Student,
Goodrich, C. M.,
Halsted, A. T., M. D., Student,

West Springfield, Mass. Springfield, Mass.

.. ..

New York City. Savannah, Ga. Paterson, N. J. Toledo, O. Duluth, Minn.

Durham, N. C.
Providence, R. I.
Springfield, Mass.
Burlington, Vt.
Springfield, Mass.
St. Johnsbury, Vt.
Providence, R. I.

HARRIS, C. E., Physical Director,

Howland, J. A., Physical Director,

^{*}Studied only part of the year.

HUNTON, W. A., Secretary International Committee, KING, E. A., General Secretary, KINNICUTT, W. H., Physical Director, LORING, B. T., Physical Director, LUND, A. G., General Secretary, MACOMBER, L. E., General Secretary, MANGUM, C. S., Physical Director, University North Carolina, MILLER, W. J., Physical Director, MINGES, J. A., Physical Director, POHLMANN, A., Assistant Physical Director Pennsylvania College, POLLARD, J. H., General Secretary, RALSTEN, F. H., Physical Director, Wesleyan University, RHODES, H. E., General Secretary Railroad Branch, SMITH, C. H., General Secretary Railroad Department, STEPHENS, G. G., Physical Director Oak Ridge Institute, SYRETT, E. C., Student, TAYLOR, D. D., General Secretary, VAN LEUVEN, BYRON, Student, WENTWORTH, H. B., WHITE, J. H., Physical Director, WHITESIDE, H. I., Physical Director, WILDER, E. W., Physical Director,

New York City.
Chicopee Falls, Mass.
New Bedford, Mass.
Hamilton, Ont.
Westfield, Mass.
Fulton, N. Y.

Chapel Hill, N. C. Sunbury, Pa. Williamsport, Pa.

Gettysburg, Pa. Greenfield, Mass.

Middletown, Conn.

Springfield, Mass.

Port Jervis, N. Y.

Oak Ridge, N. C.
Springfield, Mass.
Bristol, Tenn.
Springfield, Mass.
Worcester, Mass.
New Brunswick, N. J.
Bridgeton, N. J.
New Castle, Pa.

INSTRUCTORS.

GENERAL COURSE:

O. C. Morse,

Christian Evidences and Outlines of Fundamental Truths of the Bible.

James Naismith, A.B.,

92 Buckingham Street,

Study of the Bible by Books, Outline Study of Man, Ethics,

Methods of Christian Work—Senior Year.

- REV. T. H. HAWKS, D.D., 626 Worthington Street, Bible History, Exegesis, and Church History.
- R. A. Clark, A.B., M.D., 786 State Street,

 Compostion, Rhetoric, Vocal Music,

 Abridged Physical Department Course.

SECRETARIAL DEPARTMENT:

- J. T. Bowne, Supt. of Dept., 35 Clarendon Street, Regular and Abridged Secretarial Department Courses.
- F. W. Meyer, 998 State Street,

 Methods of Christian Work—Junior Year.

 Department Correspondence Course.

PHYSICAL DEPARTMENT:

- LUTHER GULICK, M.D., Supt. of Dept., 153 Westminster Street, History and Philosophy of Physical Exercise, Anthropometry.
- F. N. SEERLEY, M.D., 33 Pendleton Avenue, Animal Mechanics, Physiology and Hygiene.
- A. T. Halsted, Ph.G. M.D., 786 State Street,

 Physical Examinations, Gymnastic Therapeutics,

 Department Correspondence Course.

THE GENERAL COURSE.

The General Course of instruction is largely common to the students of both departments.* It covers two years, and includes the following topics:

Bible History and Exegesis. History of Evangelical Christianity.

Christian Evidences.

Old and New Testament Canon. Fundamental Doctrines of the

Bible.

Books of the Bible.

Outline Study of Man. Christian Ethics.

Practical Methods of Christian Work

Rules for Deliberative Bodies. Composition and Rhetoric. Vocal Music.

BIBLE HISTORY AND EXEGESIS.

Junior Year.

Biblical History (O. T.). The Life of Christ. Biblical Geography and Chronology.

Senior Year.

History of the Apostolic Church.

Biblical Geography and Chronology (Continued).

History of Evangelical Christianity: An outline presentation of its progress down to the present time, prominence being given to missions and the development of doctrine.

New Testament Exegesis: Selections from Gospels and Epistles. Old Testament Exegesis: Selections from Psalms and Prophets. English Versions.

Introduction.

Text-books: Dr. Smith's Old and New Testament Histories (Har per's Student Series), Fisher's History of the Christian Church; Robinson's English Harmony of the Gospels.

EVIDENCES, CANON, DOCTRINES, BOOKS.

Junior Year.

Outline Study of the Evidences of Christianity; The Divine and Human Authorship of the Bible, including the Inspiration, Genuine-

^{*} See Schedule on pages 28 and 29. Text Books on page 35.

ness, and Canonicity of the Scriptures; and the Fundamental Doctrines held in common by evangelical denominations.

Senior Year.

Study of the books of the Bible, with special reference to the development of the great doctrines.

OUTLINE STUDY OF MAN.

Senior Year.

The method is constructive, dealing with the operations and relations of the physical, psychical, and the moral; and leading up from unorganized matter to the complete unity of the triune man by the successive application of powers from without.

Text-book: Dr. Mark Hopkins' Outline Study of Man.

CHRISTIAN ETHICS.

Senior Year.

Covering the duties of man as a free moral agent. Text-book: Dr. Mark Hopkins' Law of Love and Love as a Law.

COMPOSITION AND RHETORIC.

Rhetoric is taught during the Junior year. Written compositions are required of all once in three weeks during the entire course. Students are expected to unite and work with one of the literary societies of the school.

Manual: Roberts' Rules of Order.

Text-book in Rhetoric: Not yet decided upon.

VOCAL MUSIC

Will be taught throughout the Junior year. The course will include: The laws of vibration and tones; the study of the staff, notes and scales; singing by note; singing of church music and male chorus music. The object of the course being that all may acquire the ability to lead simple music.

METHODS OF CHRISTIAN WORK,

Under the following heads, receive special attention throughout both years: The Young Men's Meeting and its Methods; How to Study and Use the Bible; How to Deal with Inquirers; The Workers' Training Class.

SECRETARIAL DEPARTMENT.

Object: Training for the special duties of the General Secretaryship.

DEPARTMENT COURSE OF STUDY.*

FIRST DIVISION—THE FIELD, OBJECTS, AND HISTORY.

- I. The Field and Its Limits:
 - (A) The Work—why needed; (B) A Definite Work—for and by young men; (C) The Aim Distinctively Religious; (D) Relation to the Church; (E) Relation to Other Religious Societies.
- 2. Summary of the Objects and Work:
 - (A) The Means Employed in Cities; (B) The Means Employed in Small Towns.
- 3. The Rise and Growth of the Associations:
 - (A) Origin of the Present Movement; (B) Earlier Work for Young Men; (C) Introduction into America and Work Prior to the Civil War; (D) Army Work; (E) Resumption of Home Work; (F) Development of the Work; (G) Loyalty to the Church.

SECOND DIVISION-THE ORGANIZATION AND ITS HOME.

- 4. Organization:
 - (A) When and How to Organize; (B) Practical Hints.
- 5. The Constitution.
 - (A) General Considerations; (B) A Suggestive Outline.
- 6. Branches and Sub-Organizations.
- 7. The Management.
 - (A) The Directors; (B) The Officers.

^{*}This is in addition to the whole of the General Course outlined on pages 12 and 13, and covers two years. See also Schedule of Class Work by departments on pages 28 and 20.

8. Standing Committees:

(A) Importance, Enlistment, and Composition; (B) How to Organize, the Chairman, etc.; (C) Principles and Methods of Construction; (D) Names and Duties.

9. Membership:

(A) Classes of Membership;
(B) How to Secure Members;
(C) The Membership Committee;
(D) How to Retain Members;
(E) Fees, Tickets, Records and Exchange;
(F) The Development of Active Members;
(G) The Associate Membership and its Relations;
(H) The Members' Meeting, or Reception.

10. The General Secretary:

(A) The Office and Work; (B) The Qualifications.

11. The General Secretary—His Relationships:

(A) To Churches and Pastors; (B) To Officers, Directors, and Committees; (C) To Other Employees; (D) To the Members; (E) To the Religious Work; (F) To the Business Community; (G) To his Fellow Secretaries.

12. The General Secretary—Personal Hints:

1, Accepting a Call; 2, Beginning Work; 3, Correspondence; 4, Prominent Visitors; 5, System; 6, Memorandum Books; 7, Statistics; 8, Human Nature; 9, Dress; 10, Conversation; 11, Economy; 12, The Other Sex; 13, Health; 14, Growth; 15, Spiritual Life.

3. Securing and Training Employed Officers:

(A) Demand and Supply; (B) Methods of Training.

14. The Association Home:

(A) Advantages of Owning a Building; (B) Location; (C) Arrangement and Construction; (D) Equipment.

15. The Care of the Home:

(A) General Principles; (B) Repairs and Safety; (C) Order and Cleanliness.

16. How to Get a Building:

- (A) Preparatory Work; (B) Plan of a Canvass; (C) Hints and Cautions.
- 17. The Building Movement:

 Its Beginning and Growth.

THIRD DIVISION—METHODS OF WORK.*

18. Current Finances:

(A) Ways and Means—(1) annual budget, (2) income, (3) solicitation; (B) Collections and Disbursements; (C) Financial Book-keeping.

^{*}Methods of Work are fully illustrated by approved records, blanks and printed matter, and wherever possible, practice will be required.

- 19. Real Estate and Endowment Funds:
 - (A) Incorporation; (B) Trustees; (C) Endowment; (D) Debt, Taxes, Insurance, and Leases.
- 20. Records and Public Presentation of the Work:
 - (A) Records and Statistics; (B) Anniversaries; (C) The Parlor Conference; (D) Printed Matter—(I) the bulletin, (2) annual reports, etc.
- 21. The Bible in Association Work:
 - (A) Individual Study—objects, methods and helps; (B) Class Study—(1) a Bible class indipensable, (2) relation of the general secretary, (3) divisions, beginners, advanced and training classes, (4) time, place, and appliances, (5) the the teacher, (6) the class, (7) the topics, (8) preparing the lesson, (9) teaching the lesson, etc.; (C) Practical Work with the Unconverted—(1) personal work, (2) the evangelistic Bible class, (3) the Bible in the evangelistic meeting; (D) Bible readings.
- 22. Religious Meetings, etc.:
 - (A) The Young Men's Meeting; (B) Other Meetings at the Rooms; (C) Religious work Outside the Rooms—(1) in boarding houses, (2) work in public institutions, (3) sermons to young men, (4) distribution of religious reading matter, (5) the invitation committee.
- 23. The Place and Value of the Secular Agencies.
- 24. The Educational Department:
 - (A) The Reading Room—furniture, supervision, papers and periodicals, how secured; (B) The Library*—(1) growth of Association libraries, (2) reference and lending departments, (3) apartments, (4) classification and cataloguing, (5) charging, (6) the librarian, (7) order, (8) selecting and buying books, (9) ways and means, (10) advertising the library; (C) Educational Classes—(1) the need, (2) growth, (3) the committee, (4) adaptation, (5) thoroughness, (6) frequency of classes, (7) instructors, classrooms and examinations; (D) Literary Societies—value, how organized and supervised; (E) Lectures and Talks—(1) use and abuse of lectures, (2) home talent, (3) practical talks.
- 25. The Physical Department:
 - (A) Aim of the Department—(1) health, (2) education, (3) recreation; (B) Conditions under which a Physical Department should be started; (C) Scientific Equipment and Methods—(1) examinations, (2) statistics, (3) prescription of exercise; (D) Practical Equipment and Methods—(1) location and arrangement of gymnasium, (2) bath and dressing

^{*}Arrangements can be made, if desired, for a special course in Association Library Work.

rooms, (3) outfit of gymnasium, (4) methods of gymnastic work, (5) out-door work; (E) The Religious Work; (F) The Physical Director; (G) The Department Committee. (All Secretarial students will take the abridged course in Gymnastics and Athletics on page 18.)

26. The Social Department:

(A) The Reception Committee; (B) The Social Rooms; (C) Social Entertainments.

27. Information and Relief:

(A) Boarding Houses; (B) The Employment Bureau; (C) Savings Bureau and Benefit Fund; (D) Visiting the Sick; (E) Destitute Young Men.

28. Work for Boys:

(A) History; (B) Necessity, Aim and Benefits; (C) Organization; (D) Different Classes; (E) Methods and Agencies—
(1) religious, (2) educational, (3) physical, (4) social.

29. Work for Special Classes:

(A) College Students—history, methods, outgrowths; (B) Railroad Men—(1) history, (2) aims and benefits, (3) organization and finance, (4) rooms and methods; (C) Commercial Travelers—the field, work, and agencies; (D) Other Nationalities (1) the field, (2) the German work, (3) the Colored work, etc.; (E) Miscellaneous Classes—(1) soldiers, and sailors, (2) deaf mutes, (3) lumbermen, (4) firemen, policemen, street car employes, etc.

30. Women's Work for Young Men: Organization and Methods.

FOURTH DIVISION—GENERAL SUPERVISION AND EXTENSION.

31. State and Provincial Work:

(A) History; (B) The State Committee; (C) Finances; (D) The State Secretary; (E) The State Convention—(I) preparatory work by the state committee, the programme, the convention circular, (2) preparatory work by local association, (3) at the convention; (F) The District Work—(I) the committee, (2) conferences and visitation, (3) corresponding members; (G) The Relation of Local Associations to the General Work.

32. The American International Work:

(A) History and Organization; (B) The Field; (C) The Work

—(1) supervision and extension, (2) correspondence, (3) publications, (4) securing and training employed officers, (5) aid to building enterprises, (6) aid in securing funds, (7)

aid to state and other conventions, (8) help in disaster, (9) secretaries of the committee, (10) international finances, (11) international conventions, (12) day and week of prayer.

33. The World's Alliance.

History, Organization, and Work.

Text-book: "Hand-book of the History, Organization and Methods of Work of Young Men's Christian Associations." This book was prepared especially for the use of this school.

During the entire course the students will have access to the City Library of more than £0,000 volumes, to the School Library and to the Historical Library of the Young Men's Christian Associations; and will also be required to engage in special courses of reading in connection with the department work.

GYMNASTICS AND ATHLETICS.—Abridged Course.

This course is a part of the regular prescribed work of the Secretarial Department, and every student therein is expected to engage faithfully in it. Its purpose is to give to each a practical knowledge of this work, that will enable him intelligently to direct a small gymnasium. A sufficient amount of theory will be given to insure the intelligent appreciation of the field.

Each student will receive a physical examination, and work will be prescribed that will, as far as possible, put him in the best condition for study and future work.

THEORY.—Elementary anatomy, physiology, and hygiene.

In connection with these subjects will be taken up the philosophy of the different gymnastic systems, and the theory of massage.

First aid to injured.

Lectures on history of physical education, effect of body on the mind, literature of physical education.

Measurements, how taken and used.

Purity, scientific basis and methods of work for its advancement. Text-Books: Martin's Human Body (Briefer Course), Morton's Handbook of First Aid.

Practice.—Calisthenics. Use of developing apparatus.

Light Gymnastics, including dumb bells, wands, Indian clubs, etc. A calisthenic, dumb bell, and bar bell drill will be committed to memory.

Heavy Gymnastics: vaulting, horizontal and parallel bars, horse, buck, etc.

Athletics: walking, running, jumping, throwing the hammer, putting the shot, pole vaulting, base ball, foot ball, lawn tennis.

Class work especially adapted to the needs of the Young Men's Christian Associations, on all of the apparatus, will be committed by the students.

Note.—In a number of instances attempts have been made to have the Assistant Secretary conduct the physical department. This is not so desirable as for the General Secretary himself to do it, having an assistant to relieve him in the general work of the Association in order that he may have the time. Work in the physical department gives the Secretary an opportunity to become acquainted with the associate membership such as is not afforded by any other department. It also involves his taking exercise that is necessary for his own well-being, and puts him before his membership in a desirable light. The fundamental idea of the Association—that it is an association and not a one-man affair—should be kept in mind here as in the other departments. Much can be done through the development of leaders, so that where the Secretary is directing the gymnasium, he ought after a time to be obliged to conduct only a leaders' class, all the other classes being led by the men whom he has trained. This is the simple application of the committee idea to the physical department.

DEPARTMENT PRACTICE.

The Associations of Springfield are consolidated on the metropolitan plan, thus offering added advantages for practically illustrating this system.

During the whole of the Junior year, all students in this department are required to be members of the Armory Hill Branch of the local Association; to do regular practical work on one or more of its standing committees; and to attend all stated meetings of the committees to which appointed.

During the Senior year, the same is required in connection with the *Central* Branch, unless the student is preparing especially for Railroad work, when he will be required to unite and work with the *Railroad* Branch.

All are given practice in preparing monthly reports of committees, minutes of meetings, items for newspapers and bulletins, printer's copy, and proof reading; and are expected to attend each year at least two Association Conventions. The instructors decline to grant leave of absence to attend conventions other than those prescribed in the Department Course.

SPECIAL LECTURES AND CONFERENCES.

June 2, 1891.—W. HIND SMITH, Traveling Secretary of English National Council, London. "Association Work in Syria, India and Australia."

October 30.—Rev. S. H. Lee, Springfield, Mass. "Recollections of the Portland International Convention of 1869, and the 'Evangelical Church Test.'"

February 29, 1892.—James McConaughy, of Northfield, Mass. "The Bible in Association Work."

April 25.—Thomas K. Cree, Secretary of International Committee. "Some things to be ascertained when considering a call to a new field."

October 22-25, 1891.—The students attended The 26TH Massachusetts State Convention at Brockton, and

May 26-31, 1892.—The 22ND Conference of the Association of General Secretaries of the United States and Dominion of Canada, at Providence, R. I.

For Correspondence Course, see pages 32-33.

FOR TEXT-BOOKS AND PRICES, see page 35.

PHYSICAL DEPARTMENT.

MOTTO-E TRIBUS UNUM.

Object: Training for the special duties of Physical Directors.

The whole work of this department is founded on a few general principles, and all the studies are considered with reference to those principles.

These principles are:

I. Unity.

Man is a unit; body, mind and soul forming one complete whole, neither complete without the others.

II. Law of Symmetry.

The best results can be secured only when man as a whole is symmetrically developed, not merely each nature with reference to itself, but each nature in relation to the others.

III. "Function makes structure."

The doing of a thing tends to increase the ability to do that thing. Thus, doing all-round exercises, those which demand symmetrical bodies, tends to produce symmetry.

DEPARTMENT COURSE.—TWO YEARS.

THEORY.

JUNIOR YEAR.

First Term.

Animal Mechanics.—Based on physics and anatomy. Elementary Physics, *Balfour Stewart*. Energy, Mechanical Powers, Study of the Lever. *Gray's* Anatomy. Osteology, pp. 220-295. Articulation, Lectures, Myology, pp. 362-487. Lectures on combined

action of muscles in gymnastics and athletics. Mechanism of bodily movements. Study of relations and insertions of muscles to power and speed. Relation of length of levers to capacity for different sports. Study of individuals as to muscular origin and insertion.

Young Men's Christian Association.—The students in this department will be expected to cover during the Junior year an abridged course in Young Men's Christian Association work based upon the outline of the Secretarial Department, on pages 14–18.

Second Term.

Physiology.—Martin's "Human Body." (Large edition.) Especial attention will be given to the following: Structure of motor organs. Structure of muscle, muscular growth. Causes effecting growth. Physiology of muscle. Muscular fatigue and exhaustion. Muscular training, stiffness and rest. Local effects of exercise on muscle. Effects of massage on muscle. Physiology of the nervous system. Effects of the different kinds of exercise on the brain, spinal cord, and nerves. Effects of exercise on circulatory apparatus. "Wind" in training. Alteration of weight by exercise. Waste products of exercise. Energy-yielding foods. Muscle-building foods. Functions of brain and spinal cord. Special lectures on sight and the "subjective functions of the nervous system" will indicate the nature and method of the modern physiological psychology.

HYGIENE.—Considered with physiology in connection with appropriate chapters, with especial reference to the following: Duration of life. Causes of disease: heredity, use and abuse of stimulants, tobacco, abuses of eating, mental worry, immorality, late hours. Food and diet. Cleanliness: baths and bathing. Clothing: material, fashion, pressure. Habitations: ventilation, sanitary appliances, disinfection, hygiene of employment.

Training.—Theory of, considered in connection with physiology. General principles and effects on the body. Dietetics. Training for wind, muscle, endurance, speed, habit. Effects of each. Training for all-round athletic contest. Training for individual events: sprint running, high jumping, long distance running, hammer throwing, putting shot, hurdle running.

Young Men's Christian Association (Abridged Course).—Continued. (See First Term.)

Third Term.

Personal Purity.—Physiology of the reproductive organs. Effects of violation of the laws of purity; on the body, on the mind. Intellectual licentiousness; cause, effects. Hygienic treatment. Quack doctors and their methods.

FIRST AID TO THE INJURED.—Hand-book of First Aid, Morton. Additional lecture on the treatment of sprains, muscular strains, and bruises. The use of bandaging for weak joints and the treatment of every-day wounds.

PHYSICAL DEPARTMENT.—a. Fundamental basis and relation to other departments. b. Conditions for: demand, gymnasium committee, leader, place. c. Methods and equipment: number of classes, leaders, and leaders' corps, visitors. Scientific (office): Physical examination, prescription, measurements, personal purity-Practical (gymnasium, field): kinds of exercise, exhibitions, competitions. d. Religious work: personal, Bible training class. e. Physical Director: Qualifications, spiritual, mental, physical; training; duties.

Young Men's Christian Association (Abridged Course).—Continued. (See First Term.)

SENIOR YEAR.

First Term.

Physiology of Bodily Exercise, Lagrange.—Physiological aspects of training. Wind, stiffness, and other questions of a similar nature. Exception is taken to Dr. Lagrange's position on the cause of breathlessness, and the relation of the lungs to chest expansion.

Sphygmography.—The use of the sphygmograph in health. Each student will supply himself with a Dudgeon sphygmograph. The causation of the different elements of the tracings. Work and rest of the heart and arteries; influence of cold, heat, gravity, compression, tea, coffee, tobacco, and stimulants. Each student will prepare in essay form a report of the experiments conducted by himself on some problem that shall be given him. The scientific or inductive method of study will here receive attention, the design being to conduct original scientific investigations by correct principles, and also to enable him to recognize correct and incorrect inductions.

Physical Examination.—Physical Diagnosis, *Page*. Diseases and sequelæ most frequently met with in the examining room. Auscultation, percussion. The use of inspection will be emphasized. The rudiments of the examination of the eyes and ears.

Massage as a mode of treatment, *Murrell*. General principles as applied to development and training. Massage of sprains and strains. Medical massage is not included.

Second Term.

GYMNASTIC THERAPEUTICS.—Underlying principles of the subject rather than the details of application. The treatment of spinal curvature, functional cardiac difficulties, neurasthenia, general debility.

Anthropometry.—Use of anthropometric apparatus. Measurements; how taken, preserved, and used. Bodily measurement charts and their mathematical basis; the "percentile" method of Sir Francis Galton, the "physical height as a unit" method of Dr. Hitchcock, the ordinary "average" method. Typical versus perfect form. Proper use of anthropometric charts, fallacies involved in some of them. Characteristics of different classes of gymnasts and athletes. Selection of men for competitive sports according to their physical characteristics.

LITERATURE OF PHYSICAL EDUCATION.—The following books will be read by the students and discussed in the class-room: How to get Strong, Blaikie; Sound Bodies for our Boys and Girls, Blaikie; Physical Education, Maclaren; Walker's Manly Exercise, "Craven;" Brawn and Brain, Aldridge; Physical Culture for Home and School, Dowd; Health by Exercise, Taylor; Physical Exercise, Wood; Athletics and Foot Ball, Shearman; New Gymnastics for Men, Women, and Children, Lewis; Education, Spencer; Indian Club Exercises, Kehoe; British Sports and Pastimes, Trollope; Gymnastics for the Fingers and Wrists, Ward-Jackson; Exercise and Training, Their Effect on Health, Lee; University Oars, Morgin; Physical Education, Roth; The Brawnville Papers, Tyler; Man, Moral and Physical, Jones; Swedish Educational Gymnastics, Posse; A Manual of Anthropometry, Roberts; Out-door Papers, Higginson; Salzman's Gymnastics for Youth.

These papers and pamphlets will also be studied: Anthropometric Manual, Amherst College, *Hitchcock and Seelye*; The Physical Proportions of the Typical Man, *Sargent*; The Anatomy of the

Contortionist, Dwight; Physical Training, Sargent; The Influence of Exercise on Health, Richards; The Physical Development of Women, Sargent; Military Drill and Gymnastic Training in Physical Culture, Hartwell; Military Drill on Boys, Sargent; Physiology of Exercise, Hartwell; Physical Characteristics of the Athlete, Sargent; Hygiene for Base Ball Players, Leuf; Proceedings of the American Association for the Advancement of Physical Education.

The students will have the use of the Library on Physical Education. This has been built up mostly by the contributions of physical directors throughout the country, and, with the exception possibly of some private collections, is the largest library in our language on this subject. It contains upwards of three hundred volumes and nearly as many pamphlets, some of which are rare and valuable, besides files and current numbers of magazines. A subject index of the whole will render available what has not hitherto been of service.

Third Term.

Photography.—Instantaneous photography of athletic work. Stereopticon slides. Time pictures of unusual cases in office. Flash light photography. Each student will supply his own outfit.

HISTORY AND PHILOSOPHY OF PHYSICAL EDUCATION.—With reviews of the following books: Report of Boston Physical Training Conference; Systematic Training of the Body, Schaible; Physical Training in American Colleges, Hartwell; An Hour with Delsarte, Morgan; Gymnastic Progression, Enchuske.

The design of this study is to give the student a clear knowledge of the work that has been done along these lines. The fundamental principles and aims of each system will be studied. The athletics of the Greeks, influence on national life, the "Pentathlon;" German gymnastics, life of Jahn, Turnverein, school gymnastics, military gymnastics; gymnastics in Sweden, Ling and his work, Royal Gymnastic Institute at Stockholm, Swedish "movement cure;" the renaissance of athletics in France, life and work of Delsarte; English athletics; physical education in America; history of physical department of the Young Men's Christian Association.

REVIEWS and special reading in preparation for graduating essays.

PRACTICE.

The method of instruction in gymnastics and athletics is analytic and synthetic. It is called analytic because each exercise is analyzed into the elementary movements of which it is composed. It is synthetic because after learning these elementary movements, they are gradually combined to form the exercise first shown. The student is thus led both to a thorough appreciation and comprehension of the exercise as a whole, and to its intelligent performance.

Although it is desired to give the student as wide a range of practice as possible, still it is deemed unwise to attempt any work of a hazardous nature.

Special attention will be given to the building up of the weak parts of the student, and the development of a strong, erect, symmetrical, and graceful figure. Two hours a day will be given to practice throughout both years.

GYMNASTICS.—Junior Year. Calisthenics. Use of Developing Apparatus: Chest weight, floor and overhead pulleys, etc. Light Gymnastics, Elementary, Dumb bells, Indian clubs, wands. Heavy Gymnastics, Elementary: Vaulting bar, horizontal bar, parallel bars, horse, buck. Special reference will be paid to gymnastic games.

Senior Year. Sparring; Wrestling; Fencing; Normal work, leading of classes, etc. Light Gymnastics: Dumb bells, Indian clubs, wands. Heavy Gymnastics: Vaulting bar, horizontal bar, parallel bars, horse, buck.

Pedagogy.—Attention will be given to the art of teaching. Each student will be given practice in the actual leading of classes.

INVENTION OF EXERCISES.—Especial attention will be given to the construction of gymnastic drills to meet especial cases and classes. Each student will be required to prepare and submit such drills to the instructors.

ATHLETICS.—Seven acres of the permanent school grounds are given exclusively to this purpose, laid out as an Athletic Field, with running track, tennis courts, and ball field. Land adjoining, also owned by the school, will afford additional opportunity for practice in foot ball, basket ball, etc., when the regular grounds are occupied. Especial emphasis will be laid on the Pentathlon, or five-fold contest, consisting of the 100-yard dash, running high jump, throwing 12-pound hammer, pole vault, and mile run.

AQUATICS.—Unusual facilities for rowing are afforded by the Con-

necticut river. We have three four-oared gigs, two double gigs, one single gig, one shell, one sailing canoe, two birch bark canoes, and one St. Lawrence skiff, all these of course fully equipped.

Each student will learn to swim in the various styles, and will be taught methods for rescuing and restoring the drowning.

During the Junior year, all students of this department are required to be members of the *Armory Hill* Branch of the local Association, to do regular practical work on one of its standing committees; and to attend all stated meetings of the committee to which appointed. During the Senior year the same must be done in connection with the *Central* Branch.

They will also be expected during the course to visit the large gymnasiums of either Boston or New York and that of either Harvard, Yale, or Amherst; also to attend each year two State or International Conventions of the Young Men's Christian Associations.

Of the General course on pages 12-13, the students in this department take Systematic Bible Truth, Exegesis, Methods of Christian Work, Outline Study of Man, and Ethics, omitting Vocal Music, Rhetoric, Bible History, and Church History.

See schedule of Class Room Work on pages 28-29.

For Correspondence Course, see pages 33-34.

FOR TEXT-BOOKS AND PRICES, see page 35.

SCHEDULE OF CLASS WORK.

(LIABLE TO CHANGE.)

JUNIORS.

		SECRETARIAL DEPARTMENT.	PHYSICAL DEPARTMENT.	
Monday.	8.30 a. m. 9.30 " 10.30 " 11.30 " 2.00 p. m. 3.00 " 4.00 "	Rhetoric. Physical Training. Abridged Physical Dep't Work. Bible History.	Department Theory. Department Practice. Department Practice.	
TUESDAY.	8.30 a. m. 9.30 " 10.30 " 11.30 " 2.00 p. m. 3.00 " 4.00 "	Systematic Bible Truth. Rhetoric. Physical Training. Vocal Music. Bible History.	Systematic Bible Truth. Department Theory. Department Practice. Department Practice.	
WEDNESDAY.	8.30 a. m. 9.30 " 10.30 " 11.30 " 2.00 p. m. 3.00 " 4.00 "	Systematic Bible Truth. Department Work. Physical Training. Abridged Physical Dep't Work. Bible History.	Systematic Bible Truth. Department Theory. Department Practice. Department Practice. Abridged Secretarial Dep't Wk.	
THURSDAY.	8.30 a. m. 9.30 " 10.30 " 11.30 " 2.00 p. m. 3.00 " 4.00 "	Systematic Bible Truth. Department Work. Physical Training. Vocal Music.	Systematic Bible Truth. Department Theory. Department Practice. Department Practice. Abridged Secretarial Dep't Wk.	
FRIDAY.	8.30 a. m. 9.30 " 10.30 " 11.30 " 2.00 p. m. 3.00 " 4.00 "	Department Work. Physical Training. Abridged Physical Dep't Work. Methods of Christian Work.	Department Theory. Department Practice. Department Practice. Methods of Christian Work.	

All students are expected to attend daily prayers at 5 p. m., and to furnish original compositions once in three weeks.

A Junior shall be eligible for promotion only after passing satisfactorily in every branch of the first year, and upon recommendation of the department superintendent.

BY DEPARTMENTS.

(LIABLE TO CHANGE.)

SENIORS.

		SECRETARIAL DEPARTMENT.	PHYSICAL DEPARTMENT.
Monday.	8.30 a. m. 9.30 " 10.30 " 11.30 " 2.00 p. m. 3.00 " 4.00 "	Systematic Bible Study. Department Work. Physical Training. Exegesis.	Department Theory. Systematic Bible Study. Department Practice. Department Practice. Exegesis.
TUESDAY.	8.30 a. m. 9.30 " 10.30 " 2.00 p. m. 3.00 " 4.00 "	Systematic Bible Study. Department Work. Physical Training. Exegesis.	Department Theory. Systematic Bible Study. Department Practice. Department Practice. Exegesis.
Wednesday.	8.30 a. m. 9.30 " 10.30 " 11.30 " 2.00 p. m. 3.00 " 4.00 "	Systematic Bible study. Physical Training. Church History. Study of Man, or Ethics.	Department Theory. Systematic Bible Study. Department Practice. Department Practice. Study of Man, or Ethics.
THURSDAY.	8.30 a. m. 9.30 " 10.30 " 11.30 " 2.00 p. m. 3.00 " 4.00 "	Study of Man, or Ethics. Physical Training. Exegesis.	Department Theory. Study of man, or Ethics. Department Practice. Department Practice. Exegesis.
FRIDAY.	8.30 a. m. 9.30 " 10.30 " 11.30 " 2.00 p. m. 3.00 " 4.00 "	Study of Man, or Ethics. Physical Training. Church History. Methods of Christian Work.	Department Theory. Study of Man, or Ethics. Department Practice. Department Practice. Methods of Christian Work.

Outline Study of Man during first and second terms; Ethics during third

term. A Senior shall be eligible for graduation only after passing satisfactorily in every branch of the course, and upon recommendation of the department superintendent.

TERMS OF ADMISSION.

The Association Training School is open only to Christian young men, over eighteen years of age, who have already shown ability in the direction of the work for which they wish to prepare. Each applicant shall be a member in good standing of an evangelical church, and if admitted shall bring a certificate to this effect and unite and work with some church of his choice in this city.

Each applicant for admission shall give evidence of having had at least a fair English education. If a graduate of a college or high school, he shall, upon entering, show his certificate of graduation; if not, he must, before he can be accepted, pass a preliminary examination. Applicants for the physical department will also have a physical examination. Business experience is very desirable.

Several weeks are sometimes required in making a thorough investigation, hence the desirability of making application as early as possible. Only after satisfactory reports are received can any student be admitted to the school. The school year begins with the first Wednesday in September. Students who enter for one year, or the course, will not be admitted after the last of September. In extreme cases men will be admitted for a part of a year, but nothing aside from the regular work is promised to such.

It will be greatly to the advantage of all to enter at the *beginning* of the year, and too much emphasis cannot be laid upon the importance of taking *the entire course*.

Each shall give at least one week's notice if for any reason he wishes to leave the school before the end of the year.

Each is received upon probation; and when it becomes clearly evident that the prerequisites for success are warting, he will no longer be retained in the school.

Each student who has not already done so is urged to read carefully, in advance of his coming, "The Student's Manual," by Rev. John Todd.

ROOMS.

Each student lodging in the building will care for his own room, which must be kept scrupulously clean. He will be expected to provide sheets, pillow and bolster slips, towels, and soap. Beds are all single, 3 feet in width; pillows, 18x26 inches; bolsters, 18x36 inches. Rooms are liable to weekly inspection.

ESTIMATE OF EXPENSES

FOR THE SCHOOL YEAR OF FORTY WEEKS.

The following table is based upon the experience of 1891-92.

	Secretarial	Physical
	Department.	Department.
Table board,	\$100 to \$15	o \$100 to \$150
Furnished room with light and heat,	40 '' 5	5 40 " 55
Tuition,	50 '' 5	0 50 " 50
Gymnasium suits,*	З " і	2 25 " 40†
Washing,	12 " 2	0 12 " 20
Text and note books (see page 35),	12 " 2	0 20 ' 35
Conventions,	15 " 1	8 15 " 18
Full membership in local Association,	2 "	2 2 " 2
	\$230 to \$32	7 \$264 to \$370‡

The above estimate covers only the items specified, and not other necessary incidentals, which each must calculate for himself.

The expenses of transients vary from \$5.00 to \$7.00 per week. Only forty-four students can be lodged in the present building, and rooms are assigned as the students are accepted; rooms so assigned, unless by special engagement, will not be held more than one day after the opening of the term. Furnished rooms outside the building cost from \$1.25 to \$2.00 per week; table board, from \$3.00 to \$4.00 per week.

Tuition is payable *promptly* on the last Mondays in September and January, one-half at each payment. Room rent, on last Monday in each month. No reduction of rent will be made to a student who engages a room and fails to appear at the specified time, nor to one who vacates his room less than a month before the close of the school. Rent stops only when the room is vacated and the key delivered to the janitor. A deposit of twenty-five cents will be required for each key to the entrance of the gymnasium.

Students will save themselves trouble and expense by bringing exchange on New York and Boston banks rather than local checks.

^{*}Students are advised not to purchase gymnasium or athletic suits before coming to the school, as the school has regulation colors and suits which all are expected to wear.

[†]Gymnasium.—Long-sleeved jersey, \$3.00; pants, \$3.00; belt. 500.; shoes, \$2.50. Field.—Foot ball suit (including shoes), \$3.00; sleeveless jersey, \$2.50; sweater, \$3.50; spiked shoes, \$4.50; tennis shoes, \$2.50; running pants, 750.; hat. 500.

[‡]To this should be added in the Senior year from \$30,00 upwards for photography and sphygmography.

CORRESPONDENCE COURSES.

SECRETARIAL DEPARTMENT.

This is a provision in response to a deeply felt and widely expressed need for extending as far as possible the advantages of the Secretarial Department. Many have had only a partial training for the secretaryship, some none at all, and still others, though recognizing their lack and desirous of more thorough preparation, have been unable for various causes to obtain it.

The Correspondence Course includes the whole of the Department Course outlined on pages 14-18 (excepting gymnastics and athletics), and not the General Biblical Course outlined on pages 12-13, and personal contact with both instructors and fellow students is necessarily forfeited; yet, while thus limited, it is possible through intelligent direction to obtain much better results than could be expected from unaided individual effort. The instructors are the same as in the regular department course.

The outline consists of two parts. The first embraces the "Field, Objects, and History" of the Young Men's Christian Association, and "The Organization and its Home" (see pages 14–15). The second part includes "Methods of Work," and "General Supervision and Extension" (see pages 16–17). "The Hand Book of Young Men's Christian Associations"—Edition of 1891, is used as a text-book. By close application of at least one hour a day the course may be covered within one year.

The method of study, based upon the same general plans as have been used by the Chautauqua College during the past with so much success, embraces written questions, answers, outlines, suggestions, collateral reading and study, papers, reviews, and examinations. Reviews are required at the completion of the first and second parts of the course, and a certificate will be given to those passing 70 per cent. in an examination upon the whole.

This method admits of the practical application of lessons studied, cultivates the art of composition, promotes clear thinking and exactness of expression, and develops habits of reading and study. Specimen lesson leaves will be mailed upon application.

Admission.—The Correspondence Course is limited to those now engaged in the Secretaryship or Assistant Secretaryship. Students are received at any time.

FEES.—An enrollment fee of \$5 is required when the student is admitted. The tuition fee is \$20 for the course; one-half payable when the studies are begun, the other half at the beginning of the second part of the course. The expense of text-book and postage on correspondence will not exceed \$5.00.

POSTAGE.—Students must enclose stamps each time of writing sufficient for return postage.

For List of Correspondence Students, see page 8.

PHYSICAL DEPARTMENT.

The aim will be to meet as far as possible by correspondence the needs of those who are unable to come to Springfield, but who desire the advantages that are offered here in the direction of Physical Education.

This course is designed for physical directors and assistants; others who are specially fitted to take it may join if approved by the instructors. Those who are unable on account of financial difficulties to come to the school can avail themselves of this opportunity to secure a considerable part of the desired training, and at the same time be supporting themselves. Physical directors who realize the need of further study along these lines are thus offered the desired opportunity. A person able to spend but one year at the school could so prepare himself by correspondence that this year would suffice to complete the Department Course and enable him to graduate.

The work demanded by the course will be considerable. This is necessary, as the ground to be covered is large and the knowledge needed is thorough.

The instruction will, of course, be individual; progress can thus be made as slow or as rapid as circumstances may demand or allow. It will be found advantageous, however, to give to it not less than two hours daily.

A series of courses will be arranged for correspondence work. Each course will consist of forty sections, each section consisting of five lessons, each of which will demand on an average two hours' study. The subject matter covered will be the same as that covered at the school (for outline see pages 21-25). The same text-books will be used. Work will be given out for each day, important points noted, and difficulties explained. Directions will be given for carrying on the experiments which are helpful in such studies as Physiology and Physics.

The first forty sections are divided as follows: Physiology, 20; Sphygmograph, 1; Personal Purity, 7; Physiology of Bodily Exercise, 8; First Aid, 4.

Those subjects which as yet have no satisfactory text-books and which are given in the form of lectures will be written out for the use of the students taking the Correspondence Course.

There will be monthly written examinations. The students of this department will have the same privilege of questioning on difficult points connected with the subject as have those actually on the ground.

Tuition will be twenty-five dollars for each course of forty sections; fifteen payable on registration and ten on completion of the first twenty sections. All expense for postage will be met by the student.

For List of Correspondence Students, see page 9.

TEXT BOOKS.

NOTE.—The first column gives the special prices at which the books are offered to our students in Springfield; if ordered by mail or express, transportation will be extra. The second column gives the regular list prices.

LIST No. 1.

List No. 1.						
Common to students of both departments.		***				
Robinson, English Harmony of the Gospels,	Special. \$1.35	List. \$1.50				
Handbook of Young Men's Christian Association	. 00	\$1.50				
	out) 2.00					
Hopkins, Outline Study of Man,	,	T 77 F				
" Law of Love and Love as a Law,	1.55	1.75				
Morton, Handbook of First Aid,	1.35 .25*	1.75				
Roberts, Rules of Order,	_	.25				
Rootis, Rules of Order,	-55	·75				
List No. 2.						
In addition to List No. 1, the Secretarial Departn students will use the following:	nent					
Smith, Old and New Testament Histories (Har)-					
er's Student Series), 2 vols., each,	1.04	1.25				
Fisher, History of the Christian Church,	2.50	3.50				
Rhetoric, (abo	out) 1.25†					
Martin, Human Body (Briefer Course),	1.20	1.50				
List No. 3.						
In addition to List No. 1, the Physical Department students will use the following:						
Gould, Medical Dictionary,	3.00	3.25				
Gray, Anatomy,	5.40	6.00				
Balfour Sewart, Elements of Physics,	r.10	1.25				
Martin, Human Body (large edition),	2.20	2.75				
— Hygiene, (abo	ut) 1.25†					
Acton, Reproductive Organs,	1.80	2.00				
Gymnastics,	.90	1.00				
Lagrange, Physiology of Bodily Exercise,	1.60	1.75				
Page, Physical Diagnosis,	1.80	2.00				
Murrell, Massage as a Mode of Treatment,	1.35	1.50				
Schaible, Systematic Training of the Body,	2.00*	2.00				

^{*}No discount from list prices.

[†]Book not decided upon.



CONTRIBUTIONS.

Inquiries concerning the finances will receive immediate attention if addressed to Oliver C. Morse, Secretary International Y. M. C. A. Training School, Springfield, Mass., and remittances may be made payable to his order.

FORM OF BEQUEST.

I give and bequeath to the International Young Men's Christian Association Training School, Springfield, Mass., the sum of dollars.*

BEQUEST FOR ENDOWMENT.

I give and bequeath to the International Young Men's Christian Association Training School, Springfield, Massachusetts, the sum of , to be safely invested by them and called the Fund. The interest of this fund to be applied to the use of the School.*

PERPETUAL LOAN FUND.

For the purpose of founding a perpetual loan fund in the International Young Men's Christian Association Training School, Springfield, Mass. (or either of its departments, if so stated), I hereby give the sum of five thousand dollars—or its equivalent in good securities at cash value—to be safely invested by them, the income to be loaned toward the education of students who have already shown ability in the School.

^{*}Or the testator may specify, towards the current expenses; or towards the support of a chair of instruction in the general course, or in either of the departments; or to be used as a loan towards the education of students who have shown ability in either of the departments.

FOR GENERAL INFORMATION

concerning the School or its finances, apply to
OLIVER C. MORSE, Secretary Int. Y. M. C. A. Training School,
Springfield, Mass.

FOR SPECIAL INFORMATION

Concerning the work of the Departments, address:

J. T. Bowne, Supt. Secretarial Dept., 35 Clarendon St.

LUTHER GULICK, M.D., Supt. Physical Dept., 153 Westminster St.

Springfield, Mass.